



WOMEN IN LEADERSHIP EMPOWERED

Program Overview

Module 1: Seven Levels of Leadership

The learning objectives for this module are:

- Understand anabolic and catabolic energy.
- Review the seven levels of leadership.
- Understand typical obstacles to success.
- Identify the four types of internal energy blocks ie. Gremlin.

Module 2: How do you Build a Culture of Trust

The learning objectives for this module are:

- Understand how to prime for trust.
- Amygdala Hijack.
- Learn about how to use the Trust Model.
- Identify emotional reactions in conjunction with the 7 levels of energy.
- Putting trust into action.

Module 3: Overcoming the Impostor Complex

The learning objectives for this module are:

- Learn the 12 lies of the impostor complex.
- Discover the 6 behaviours and which one shows up for you.
- 3 actions you can take to overcome the impostor complex.

Module 4: Communicating with Confidence

The learning objectives for this module are:

- Understand the impact of the language you choose.
- Identify how communication can be misinterpreted when we do not outline our expectations.
- Learn how to vary your style based on your audience.
- Awareness of your intention vs the impact on others.
- Identify the unconscious things you say to yourself.
- How to ask for you what you want eg. Raise, promotion.
- How to ensure you're heard the first time.

Module 5: Master the Power of Non-Verbal Communication

The learning objectives for this module are:

- Impact non-verbal communication has on others.
- Understand how we sabotage our message through our bodies.
- Identify how to be fully present in all aspects of your communication: body, tone, and verbal.
- Identify how to translate body language across different cultures.
- Learn how to sell your message without saying a word.

Module 6: Having Difficult Conversations

The learning objectives for this module are:

- Learning how to give constructive feedback.
- Understanding how to not make it personal.
- Focus on the process not the person.
- Maintaining dignity.
- Intention vs. impact.

Module 7: Boundaries and the Four Horsemen

The learning objectives for this module are:

- Understand the connection between boundaries and trust.
- Identify your personal values and how they become your boundaries in action.
- Difference between being kind and nice.
- Learn how to articulate your boundaries effectively.
- How to deal with the Four Horsemen at work.

Module 8: How to Enhance Emotional Intelligence

The learning objectives for this module are:

- Bring awareness to how our thoughts and feelings connect with our behaviours.
- Ability to manage and express appropriate emotions for self and others.
- Identify how EQ can help decrease stress, enhance personal relationships, and improve decision-making skills.
- Review the part anabolic and catabolic energy play in raising EQ.
- Identify strategies to increase your emotional intelligence.

Module 9: EQ 2.0 and Assessments

The learning objectives for this module are:

- Review and understand the emotional intelligence model.
- Understand and maximize your emotional intelligence assessment results.
- Identify situations where you can shift your approach using emotional intelligence.
- Create a personalized emotional intelligence enhancement plan.

Module 10: Leadership Presence and Self-Talk

The learning objectives for this module are:

- How to walk in the room and be recognized.
- Identify the conversations you have with yourself.
- Identify the actions that sabotage your presence as a leader.
- How to take back control of the room.

Module 11: Leadership Lessons and Recharge Your Confidence

The learning objectives for this module are:

- Sharing leadership lessons from successful women.
- What to do when your confidence is challenged?
- Steps to build your circle of trust.
- Tips on how to regain composure.

Module 12: Negotiation

The learning objectives for this module are:

- Set realistic aspirations
- Build your contingency plan
- Put your ego aside for a win-win
- Identify the outcome you would like from the negotiation
- Learn the steps to prepare for a mutually beneficial conversation
- What is your BATNA and why is it important to know in advance