



Women and Leadership

Course Description

Using interactive, engaging, tool-based exercises, this workshop will help you develop the leadership competencies that every woman needs in order to achieve professional and personal success.

Outcomes:

- Diagnose the Current Landscape for Women and the Unique Challenges They May Face
- Tools for Communication, Assertiveness, Strategic Thinking, and Managerial Strategies to Increase Your Leadership Presence
- A Work-Life Balance Plan to Create Boundaries and a Self-Care Plan
- A Plan for Motivating and Supporting Other Women in Your Workplace

Module 1: Lead from Where You Are

- Lead from Where You Are
- The Landscape of Women's Leadership
- Seven Hurdles that Women Face
- Influence vs. Power
- Assertive Communication
- Non-Verbal Communication Tips & Tricks
- Concise & Confident Reporting

Module 2: Navigating the Modern Workplace

- Negotiation Strategies in the Workplace
- Supporting Other Women in the Workplace
- Tips for Confronting Bias
- The Power of Mentorship
- Work / Life balance