

# Resilient Women Leaders

*"Everyone is a leader because everyone influences someone" Maxwell*

Being Heard is a struggle for 57% of women at the start of their careers\*

Unconscious bias was highlighted by 73% women transitioning into Senior Roles\*

70% of women are impacted by Imposter Syndrome following a major life event \*

Do you want to feel more confident, kick away imposter syndrome or make robust decisions that people will listen to?

Be a resilient leader, confident in *who you are* and *what you do*

This programme is specifically designed to develop the capability of women to lead themselves and others. We will focus on the **commonly shared barriers** that women, irrespective of age or sector, identify as preventing them

## Internal Barriers

- Lack of confidence
- Being heard
- Imposter syndrome

## External Barriers

- Unconscious bias
- Narrow view of leadership
- Lack of appreciation for emotional intelligence
- Lack of commitment to diversity

## What you will gain:

- Confidence and competence in your resilient leadership
- Knowledge of your strengths and areas of development and the tools to work on them
- Awareness of what takes you from pressure to stress and how to rebalance
- Understanding and application of the RLE™ :
  - **Clarity of Direction:** People know where they are going and why they are going there
  - **Awareness:** Everyone, including you, works at their best, resulting in higher productivity and motivation through challenging times
  - **Leadership Presence:** You have "presence" even when you're not in the room
  - **Resilient Decision Making:** You have the best chance of making good decisions when it really counts



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Using the Resilient Leaders Elements (RLE), this 12-week course will boost your confidence as a leader, giving you the tools to identify the strengths you can rely on in times of change and even crisis. It will also give you a network of other amazing women who will support you during the programme and beyond, helping to build your strength and belief in **who you are** and **what you do**.



AN AMAZING NETWORK FOR WOMEN

## Programme Details:

- 6 x 90 mins live virtual masterclasses
- 2 x Resilient Leaders Consultants
- 1 x 60 mins 1 to 1 Coaching Session
- 1 x C-Me Core Report (behavioural profiling)
- RLDP available for 3 months
- Small group size – limited to 12 participants
- Evening workshop 7.30 – 09.00pm (GMT)
- Invest £695 in your personal development

## Programme Dates :

Wednesday 12th January, Wednesday 26th January, Wednesday 9th February, Wednesday 2nd March, Wednesday 16th March, Wednesday 30th March 2022

Please do not worry if you cannot make all the sessions, they will be recorded and you are able to catch up at your leisure.

## Your Consultants:

This programme is delivered by Alex Webb and Skye Deane, both Resilient Leaders consultants.

Alex and Skye have a shared passion for building leadership muscle in women.

They bring a wealth of experience, knowledge and expertise to develop Resilient Women Leaders



Connect. Believe. Inspire.

Skye Deane is a former Army Officer and Senior Healthcare professional. With 16 years experience, she specialises in leadership and personal development, focussing on building resilience in leaders to improve both individual and team performance, whilst also understanding the importance of your own mental well-being.



Alex Webb builds leadership muscle. Alex has over 20 years' experience of leading, coaching and mentoring individuals and teams to high performance. Working across many industry sectors from sport, technology, pharmaceuticals and media, B2B, B2C and SMEs, Alex understands the importance of awareness, resilience and leadership muscle to enable, empower and inspire others.

To register for this programme or to arrange a Discovery call with Skye or Alex please click below:

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