

WOMEN IN LEADERSHIP



OVERVIEW

Our Women Leadership (WL) course uses the Ten Challenges of Women Leadership identified during a doctoral study on Women Leadership in the African context. The course is structured around ten modules, each addressing a specific challenge women in leadership face. Participants will be given an opportunity to build personal mastery skills related to stress management, living a purposeful life, work-life integration, as well as relationship mastery skills such as building deep connections, having clever conversations, and managing conflict effectively.

Women who attend this course will also learn how to step up to the leadership plate with confidence and how to use their network to collaborate for success. The impact of culture as a barrier and enabler to success will also be explored.

KEY OUTCOMES

- Stay centred in the midst of pressure and chaos; manage personal stress levels
- Make conscious choices related to work-life integration
- Discover your core purpose and values, and ensure alignment
- Build deep connections with others
- Establish support systems and networks
- Find your voice and express yourself with confidence
- Conduct clever conversations
- Determine what is holding you back and what to do about it
- Effectively manage conflict
- Step into leadership positions with confidence and executive presence
- Understand the influence of cultural context and navigate it successfully
- Establish a practical framework to set fair and appropriate standards to hold people accountable

WHO SHOULD ATTEND

Women who are aspiring to be leaders, and women currently in leadership positions who are seeking to optimise their performance.

DURATION

10 x 3-hour workshops over five months.

DETAILS

Facilitated in-person.

