



ATHENA



Women's
**Leadership
Programme**



Training & Learning
Solutions

- Aims:** Build a Career Success Story to create positive impact, make a difference and inspire
- Objectives:**
- Explore your career story to identify your purpose and passion
 - Use body language to increase confidence in high-stake situations when your leadership presence matters most
 - Identify core values that drive behaviours and performance
 - Recognise the self-limiting beliefs that keep you from making a difference
 - Acknowledge the role Emotional Intelligence plays within Leadership
 - Use influencing techniques to build success and drive collaboration

Content

1. What's in this for You and Your Organisation?

- The benefits of Woman in Leadership Roles
- Career advancement
- Create more value
- Make a difference
- Build your reputation and branding

2. My Career Story So Far

- Power Posing: Change your body to change your mindset
- Storytelling Networking activity
- Know your values and personal power
- Self-limiting beliefs and our map of the world
- Learned helplessness

3. Empowering Yourself Through Branding & Exposure

- Introduction to the PIE model; Performance, Image and Exposure - the 3 basic elements of business language
- What is your image? How do others perceive you?
- Leveraging the PIE model
- What "story" can we create to establish impact and ensure a more inspiring future?

4. The Business Case for Emotional Intelligence

- Emotional Intelligence Competencies
- EQ and Leadership styles
- Identification and development of appropriate leadership style and behaviors
- Raising the bar
- Move to the next level

5. Influence for Success

- The interpersonal influence model
- Circle of influence
- Outcome based thinking
- Four steps to achieving a successful outcome

6. Feedback - The Breakfast of Champions

- The Johari window feedback model
- Self-assessment questionnaire
- Impact vs Intention

7. Your Brand Story: "Who-I-Am"

- Create, build and manage your personal brand
- Share your career brand story so far
- Action plan for Your future Career Success Story