# ACCELERATE YOUR LEADERSHIP - A PROGRAMME FOR WOMEN

One feature of the COVID crisis has been the deleterious impact on women. The challenges of working from home, home schooling, cooking, cleaning and sourcing food have fallen disproportionately on women. And an unforeseen impact of this is the effect on the progress women were making into leadership.

So how do you hone your skills whilst dealing with the imperfect system many women find themselves working in? We believe fore-warned is fore-armed and tooled up is sensible.

Our female leadership programme starts from where you are. That may be in a good system which is inclusive and appreciative of your unique style or it may be one where there are challenges to overcome. Whichever, our programme helps you hone your skills and gives you confidence and insights to maximise your leadership style and make the most of what you bring to the organisation.

## WHO WILL BENEFIT?
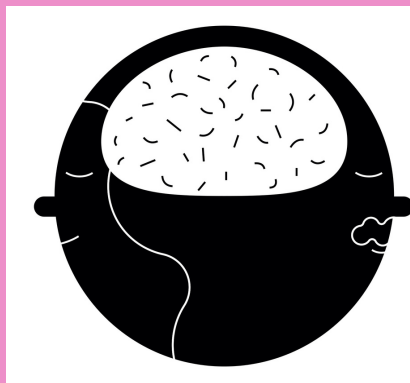


- Senior women who want to move into their next challenging role.
- Women in middle management who want to clarify career ambitions, leadership purpose and style.
- Those who want to boost confidence and resilience.

## HEAD HEART + BRAIN

We have extensive understanding of neuroscience as it relates to workplace interactions, motivation, development, and the personal challenges that women face at work.

+44 (0) 7766 805552
janhills@hhab.co.uk
www.headheartbrain.com

## WHAT OTHERS HAVE SAID

From a participant's manager ".... is practicing being assertive, which is fun to watch. She's also finding the modules life-changing and gives me enthusiastic updates after completing each one."

From a participant "I enjoyed all of the content, it was interesting and the set-up of each module was clear, well-structured and easy to follow. I didn't find anything I didn't like yet. I especially like the high-power posture section and the habit (cue, routine, reward to change behavior). And I will apply them in my daily work"

## DATES

Kick off - 14th September 2021
Module 1 - 28th September 2021
Module 2 - 26th October 2021
Module 3 - 23rd November 2021
Module 4 - 11th January 2022
Module 5 - 8th February 2022
Wrap up - 22nd February 2022

# What you get

## On-line materials

Each month you receive on-line materials including videos covering scientific research, practical tools, examples and advice from role models, self-assessments or quiz.  Each module takes around 1 hour to complete.

## Live Virtual Sessions

The live virtual sessions are three hours in duration. The on-line material give context and in the live sessions we explore ideas in greater depth and undertake practical activities to explore some of the tools.    Each Module has a Resilience Shot - a practical tool to help build resilience.

## Coaching

You will be allocated a coach to work with for the duration of the programme.  The first session will be a goal-setting session followed by five further, one-hour sessions.

# Schedule

Goal
Setting
Coaching

Coaching Sessions

**Kick-off**
Webinar

**Module One**
Introduction &
Leadership
Style

**Module Two**
Leadership
Purpose

**Module Three**
Confidence
& Presence

**Module Four**
Networks,
Mentors &
Sponsors

**Module Five**
Future Leader

**Wrap-Up**
Webinar

# PLEASE REMEMBER ...

Women are generally poor at investing in themselves: family and friends come first, work second, then themselves last.  If you can't think of this as an investment in yourself, think of it as an investment in your family and work.  At the end of the programme, you and they will be better for the experience.

# The investment

Register and pay before 11th April '21
 - **£2,650** + VAT

With early registration, you will also get free access to one of two online modules: The Mother Bias or Building High Performing Teams. PLUS a copy of our book Brain-savvy Woman.

Register and pay on or after 12th April '21
 - **£3,550** + VAT

Please register by clicking on this link
https://courses.headheartbrain.com/accelerate-your-leadership-a-leadership-programme-for-women/

Ask about our discounts for women's groups, charities and organisations who have more than 6 women attending the programe.