

Authentic Leading Women

The Dorchester, Park Lane, Mayfair

Thursday March 14th and Wednesday March 27th 2019

Wednesday May 1st and Thursday May 16th 2019

Wednesday June 12th and Tuesday June 25th 2019





A 2-day programme aimed at supporting senior women into the next phase of their career

Designed to encourage women to identify and engage with your own unique leadership style, not change or modifying behaviour to emulate men. The programme aims to embrace and enhance the skills you naturally have, as a woman, as opposed to trying to change or fix them.

Supporting senior women to explore values, emotional intelligence and authenticity in order to be more successful living your values rather than giving them up.

Putting your passion, gravitas, assertiveness and impact forward in a consciously competent way that has your authentic signature whilst creating the level of impact you deserve.

An experiential programme which, whilst challenging and stretching, the learning environment is fun, supportive and fast moving.

**2-day
programme
£1,750 + VAT**

*The price includes an online Emotional Intelligence Assessment/Report.
Breakfast, refreshments, lunch and afternoon tea at The Dorchester is also included.*



The Benefits

- Enable you to see and achieve the significant benefits of becoming an authentic leader for yourself, your team and your organisation
- Ensuring the external expression of your integrity is seen and by those with whom you work, and by the audiences to whom you present
- Moving you towards living a life on purpose and delivering even greater value for yourself and your organisation
- An opportunity to network with other senior women whilst sharing experiences and learning.

Day 1 - You as an Authentic Leader (Internal perspective) March 14th/May 1st/ June 12th

Day 2 –Impact in the Outside World (External perspective) March 27th/May 16th/June 25th

Day 1

- ✚ Introducing the Authentic Leadership model allowing you to explore where you are on this exciting and rewarding journey
- ✚ Exploring how emotional intelligence is a key enabler and where to focus for greater success
- ✚ Living a life on purpose and with passion to create superior performance
- ✚ Understanding your unwavering values grounded by integrity and trust.

Day 2

- ✚ Understanding presence as a physical skill
- ✚ How you present yourself to the outside world and what they see
- ✚ Handling nerves and managing conflict
- ✚ Standing in your own power, with courage
- ✚ Conveying a passion that is authentic
- ✚ Making yourself memorable whilst keeping it real
- ✚ Defining assertiveness and making it more conscious.

Facilitators

Ruth Smith

&

Deena
Gornick

Ruth Smith is a highly experienced facilitator and Executive Coach. She is passionate about making a sustainable and enduring difference for her clients and has challenged yet supported her clients to be inspirational for themselves and others. Clients describe Ruth's events and her style of facilitating as 'energising, engaging and insightful'. Ruth has worked in corporate organisations, as well as running her own business, and offers clients strategic business knowledge, leadership knowledge and experience and demonstrable commercial acumen building rapport and connecting with Senior Executives at their level. Her qualifications include a Psychology degree, an MBA from a leading UK business school and a PhD in Relationship Marketing.



Deena Gornick is an executive coach with over twenty-five years of experience across the corporate sector. A professional theatre director and performer for fifteen years, Deena moved in to coaching because of a fascination with confidence, it alluded her; she strongly believes that confidence is a behaviour, a skill, and not a feeling. It is, she believes not the same thing as self-esteem. Deena has led Assertiveness Training workshops throughout the United Kingdom. She is committed to laughter as a tool for creating the kind of environments suitable to growing skills of confidence and this is born out of client feedback through the years.



Feedback from Previous Programmes

I wanted to take some time for a step back and to think strategically about my leadership. I was fascinated by the experiences of the others on the programme and the women gave a lot of themselves, which was a joy! I found taking the time to be self-reflective, understand more and be curious was so helpful and reinvigorating. The breadth of topics and the format of the 2-days played out perfectly. **Beth Spencer, European Head of Reputational Risk, HSBC**

The programme has been the most significant positive impact on my personal development in many many years. It far exceeded anything I was expecting to achieve. There were many light bulb moments for me during Day 1 and then the interactivity and practical nature of Day 2 was revolutionary. **Abi Baker, Technology and Infrastructure Manager, Thames Water**

I really loved the contrast of the two days. The blend of theoretical and practical elements made it a worthwhile and enjoyable programme. I felt I learnt a lot and I also now have with me a range of tools to help in my personal development journey. Sharing experiences, listening to and connecting with the other women was also really enjoyable. I loved it! **Nazareen Johnson, Head of OD and Talent, Pets at Home**

I thought a 2 day programme was the last thing I needed as work and life was so busy. However, Authentic Leading Women completely changed my perception. It was more beneficial than I could ever have anticipated and smartly crafted. There was lots of time to think and apply the learning and push your comfort zone in a very supportive atmosphere. I hadn't even considered the impact of working with the other women but that was fantastic also! The programme pushes you, but in a very good way. 10/10 and I wish I could do it again!! **Stephanie Carbonneil, Investment Trusts Business Development Manager, Schroders**

The term 'authentic' really resonated with me and the content of the programme is something I haven't found anywhere else. It is perfect blend of practice and theory alongside the opportunity to take a step back and re-assess. The learning environment allows you to take some time to step away from the everyday challenges and I thoroughly enjoyed the 2-days. **Ruth Ellway, HR Director for Europe, Croda International**

It is rare to find a programme like this in the UK. The blend of theory and practice was just right and the facilitators were highly credible and exceptionally talented. I enjoyed exploring my strengths and weaknesses in the intimate setting. For me, 11/10! **Ali Powell, Chief Commercial Officer, Fitness First Group**

I liked the interactivity and many parts of the programme resonated with me, particularly the elements around the importance of purpose with this generation's employees. Authenticity is not a skill....it's a necessity for today's most effective leaders as demonstrated so well by the trainers. **Vanessa Edmonds, HR Director UK and RoW, Page Group**

Add-On 1:1 Coaching - As part of Authentic Leading Women, some delegates appreciate the opportunity to have 1:1 sessions with one of the facilitators from the programme. The purpose of the sessions can include looking at your personal action plan, thinking through what is next for you, more in depth feedback on your EQ-i report, identification of priorities for your personal development or a discussion around any confidential aspects emerging from the programme. If you would like to take advantage of 2 x 2 hour 1:1 telephone/skype coaching sessions then you can arrange these either before, during or after Authentic Leading Women. The fee for the 2 sessions is £1100 +VAT and is only available as an add-on to an Authentic Leading Women delegate (not as a stand-alone programme).

Group Coaching - If you would like to take advantage of working with some of the delegates from your cohort, in a group coaching environment, we can offer 4 x 1 hour telephone coaching sessions for up to 6 people. This will give the opportunity to build an on-going support network with your fellow authentic leading women, explore some of the areas in more depth and to continue your development in a trusting and safe environment. Please contact us for further information.

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