



WOMEN'S EXECUTIVE LEADERSHIP | Program Topics

The Women's Executive Leadership program curriculum covers the following topics:

Topic 1 | Women's Leadership

- The role and importance of power plays in the workplace
- Gender differences in attitudes toward power
- Typical leadership challenges women experience

Topic 2 | Celebrating the Leader Within

- Identifying your personal leadership "brand elements"
- Creating your purpose, strategy, tactics, and foundation as a leader

Topic 3 | Strengthening Your Voice

- Techniques to strengthen your voice and command a room
- Using the three circles of energy when speaking
- The importance of the breath to strengthen your voice

Topic 4 | Bringing Your Authentic Self to Work

- The importance of authenticity for leaders
- Techniques to enhance your authenticity

Topic 5 | Power and Leadership in the 21st Century

- The impact of both power and powerlessness in the workplace
- Nonverbal language and how it relates to power
- Ways to increase your personal power

Topic 6 | The Science Behind Work-Life Balance

- Research deep-dive on the work-life blend
- Actionable tips for creating your own work-life blend

Topic 7 | Win-Win Negotiations

- Typical challenges women face in negotiations
- The different types of negotiation issues
- Ways to create and claim more value in a negotiation
- Advanced skills to improve your negotiation outcomes
- Identifying your conflict handling style

Topic 8 | Your Personal Power & Influence

- Interpersonal style and its role in power and leadership
- The five dimensions of interpersonal style

- Techniques to develop your interpersonal style
- Influence tactics in group decision-making

Topic 9 | Navigating Your Social Network

- How social networks work in business
- Using a Social Capital Questionnaire to identify your personal social capital
- The fundamentals of networks and how to manage your own network

Topic 10 | Setting Off on a Path of Success

- Analyze your personal conflict style
- Identify ways to increase your effectiveness in conflict situations