

Women's Executive Leadership *Sample Program Schedule*

	Day 1	Day 2	Day 3	Day 4
8:30-9:00	Breakfast	Breakfast	Breakfast	Breakfast
9:00-10:30	Introduction	Leadership Styles	Win Win Negotiations	Power & Influence
10:30-10:45	Break	Break	Break	Break
10:45 - 12:00	Leadership Simulation	Leadership Styles Pt. 2	Win Win Negotiations Pt. 2	Power & Influence Pt. 2
12:00 - 1:00	Lunch	Lunch & Campus Tour	Lunch & Guest Speaker	Lunch
1:00 - 3:00	Leader's Mindset & Authenticity	Strengthening Your Voice	Navigating Your Social Networks	Setting off on a Path to Success
3:00 - 3:15	Break	Break	Break	Break
3:15-5:00	The Science Behind Work-Life Blend	Navigating Your Social Networks	Tools and Strategies for Investing in Ourselves	Setting off on a Path to Success
	Adjourn	Adjourn	Adjourn	Adjourn

Women's Executive Leadership– Program Topics

The Women's Executive Leadership program curriculum covers the following

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 & 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

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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