



Authentic Leadership for Women

 Duration: 2 Days



Ideal Group Size: 10 to 12 People

Course overview:

This two day course brings together the essential skills to help support women leaders to lead with confidence and develop a clear leadership identity. Delegates will explore how self-doubt and imposter syndrome can impact their behaviour, clarity and assertiveness in the workplace.

Who would benefit from attending:

This workshop is ideal for all women in leadership roles looking to strengthen their authentic leadership identity, build confidence and work through organisational challenges with impact.

Core learning objectives covered:

- Building self-awareness as a leader
- Understanding your leadership style
- Building your personal brand / SWOT
- Authentic leadership model
- Build confidence on who you are
- Linking your values to your leadership choices
- Handling bias and organisational culture
- Understanding bias and why it exists
- Unconscious bias / Conscious bias
- Common types of bias women experience
- Real examples discussions 'where have I seen or felt this?'
- How does organisational culture influence behaviour, decision making and opportunities
- Spotting when culture supports you v's when it creates challenges
- Strategies for redirecting biased comments

- Recognising and challenging imposter syndrome
- The five imposter beliefs and behaviours
- Practical ways to challenge self-doubt and 'let it go'
- Cultivating the 3 C's - connection, curiosity & courage
- Supporting people with imposter syndrome
- Communicating with confidence and assertiveness
- Communication styles and leadership impact
- Influence and power dynamics
- Dealing with difficult and challenging conversations
- Communicating clearly and staying in control when interrupted

Delivery methodology:

Futureproof's training workshops require all delegates to take a full and active role throughout. Our mix of trainer led discussion, facilitation, coaching and skills practice ensures that all delegates enjoy an interactive and supportive learning experience.



Want to tailor the content of this workshop and incorporate internal procedures, competency framework, organisational values & work-related challenges?

Get in touch with one of our Learning & Development Managers – 01623 409 824 • info@futureproof-training.co.uk