

Learning to Lead You

Agenda and Session Dates

Setting the Stage and Strengthening Self Awareness

- Form purposeful connections and set meaningful intentions
- Connect to your purpose, strengths, and core values
- Creating your personal leadership (and best life) vision
- Set goals for success
- Identify and conquer limiting beliefs
- Apply emotional intelligence to exercise positive leadership

Leading Intuitively to Optimize Performance

- Understand the positive impacts of practicing gratitude and heart-centered leadership
- Know and listen to your intuition in your leadership decision-making
- Evaluate and understand your energy drains and gains
- Recognize how energy blocks in the body show up in your work and life
- Discover how to set the energetic tone in your life, moving from surviving to thriving

Elevating Your Leadership Presence

- Create your compelling professional story
- Learn how to practice powerful presence
- Quiet your inner critic and overcome imposter syndrome
- Discuss strategies to support, empower and advance aspiring women leaders
- Learn to lead you with confidence and joy
- Cultivate a mindset of self-assuredness and elevate yourself in your role and organization

All sessions will be held via Zoom
from 11:30 a.m. – 1:00 p.m. EST

Session Dates
Feb 2, 9 & 16
Mar 2, 9, 16 & 30
Apr 6, 13, & 27
May 4, 11, & 25