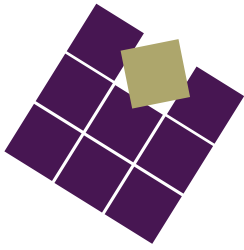


Assertiveness, Leadership & Influence for Women

Empowering Leadership Skills



Are you feeling overlooked or unsupported and second-guessing yourself? Women account for more than half the population but less than 9% of top management positions in the business world. To reach parity with men at the current rate of change women must wait until 2085. Let's stop waiting and start moving. **Assertiveness, Leadership & Influence for Women** is a 2 day workshop designed to provide a supportive space for participants to understand, learn and practice skills to be an effective leader in current and future roles.

2019 Session Date

February 26-27

Location

Ann Arbor, Michigan

Tuition

\$1,125

Includes:

Instructional Material,
Assessments,
Post Session Coaching
& All Breakfasts,
Lunches, Snacks
& Coffee Breaks

Contact — Kate

734 - 995 - 5222

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Registration

TheALIforWomen.com

734-995-5222

Based on the unique problems women face in the workplace, Assertiveness, Leadership & Influence for Women was created to address issues in the following three focus areas:

Emotional Intelligence

- ◆ Define & assess your Emotional Intelligence
- ◆ Discuss Emotional Intelligence in building sustainable relationships
- ◆ Uncover how Emotional Intelligence builds your resiliency to combat stress

Power of Presence

- ◆ Practice projecting a more assertive presence - Determine if you come across too passive or too aggressive.
- ◆ Determine what your body language is saying and how tone of voice impacts communication
- ◆ Handle challenging situations with enhanced confidence
- ◆ How to seem more at ease even when you are "not feeling it"

Effective Communications

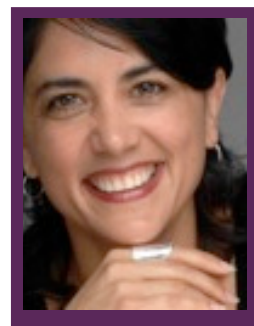
- ◆ Identify and discover techniques to overcome Unconscious Bias
- ◆ The positive role of emotions and how they can make you more effective
- ◆ Learn to use Positive Intent
- ◆ Finding common ground to build mutually beneficial outcomes



**Kate
Henson**



**Jenna
Stoliker**



**Christina
Morales Hemenway**



**Ulrike
Hildebrand**

Who Benefits

This workshop is for women at any level in the organization and any stage of her career - managers, supervisors, key project managers, technical staff, and support staff who must be authoritative and influence the behavior of others without steam rolling people, communicate with authority without coming across as pushy, gain cooperation and commitment without being heavy handed and resolve conflicts in everyone's best interests.

What You Can Expect

This is a high involvement, interactive, applied and personalized learning experience. The workshop uses a balanced amount of lecture, discussion, small group work; skill practice in assertive communication, conflict resolution, effective communication and developing personalized improvement plans. The instructors have over 35 years of experience in the boardroom and as consultants helping women succeed.