

# LEADERSHIP FOR WOMEN



## BUILD EMPOWERED, INSPIRED AND INFLUENTIAL WOMEN LEADERS

This intensive and dynamic 2 day programme is designed to help you become a more effective leader through recognising and developing your innate leadership style. Experiential exercises, interactive discussion and skilled facilitation enable you to discover what drives you, what holds you back and what will unleash you to be your best.

In a safe environment with female colleagues, you will have the space to explore the particular challenges that women face on their leadership journey, and support each other to grow and develop. Build the confidence to embrace your unique gifts and talents, and step up to the level of leadership you aspire to.

### Designed for:

Leadership for Women is designed for those who have some degree of experience in a leadership role - for example as a manager or business owner, leader of a team or service - but who feel they have more to offer. Perhaps restrained by lack of confidence, or lack of clarity about their future direction, the ideal participant for this course will have a sense of their own untapped potential, and the desire to do something about it. Sometimes participants have been recognised as natural leaders by others, but need some assistance to recognise, and fully embrace this quality in themselves. Come prepared to dig deep, engage openly and be surprised!

#### Facilitator:

Susan Renata

#### Where:

Kumeu Show Grounds, Kumeu, Auckland

### Benefits:

- Learn to influence and engage with authority, sensitivity, and authenticity
- Harness your strengths and innate abilities to develop your own unique leadership style
- Recognise that your 'weaknesses' are a powerful untapped source of leadership potential
- Build resilience and create energy to get you through the tough times
- Become a more self-aware, confident and effortless leader
- Navigate organisational politics, power and gender issues

To enquire about Leadership for Women, including fees, or to register for the next programme, please contact **Susan Renata** | 021 333 378 | [susan@imjustsusan.com](mailto:susan@imjustsusan.com) | [www.ldinz.co.nz](http://www.ldinz.co.nz)

“When your personality is aligned with what your soul is here to do, nobody can beat you at it.”

*Oprah Winfrey*



## Testimonials

“I have never come away from any type of course as inspired as what I did from this one.”

**Julie Elliotte**

“This course had such a positive impact on me and my colleagues that we have since sent a further five of our staff members and fully intend to continue sending staff as appropriate.”

**Karen Rabbit**

“The course has provided me not only with skills that I use every day at work, but also with deep insights into my personal style that are having a huge impact on how I conduct myself as a leader and also as a human being.”

**Carmen Gravatt**

## Course Content:

### Understanding Leadership

Through a range of models, get to the heart of what leadership is and acquire practical tools that you can use every day to become a more authentic, and effortless leader. Learn to trust your intuition and make decisions in the moment that align with your values.

### Unlocking Your Capability

Dramatically improve your self-awareness through a unique exercise that reveals your unconscious drivers. Learn how to overcome habits and manage triggers that may be restricting you, and focus instead on ways of operating that will increase both your personal fulfilment, and your leadership capability.

### Engaging with Others

Learn how to centre yourself quickly and effectively so you are fully present and engaged when interacting with others. Hone your listening skills, and become adept at using these to create the level of trust and connection that breeds truly productive relationships, enhances respect and builds your sphere of influence.

### Thriving and Surviving

Build and maintain your resilience through strategies that will help you to minimise stress, prioritise your wellbeing, solve problems creatively, tap into your ‘inner mentor’ and manage confrontation with courage and grace.

### Tools to Take Away:

- 14 creative tools and techniques to help you navigate through the challenges of today’s complex and diverse workplace
- A variety of practical centering exercises to increase focus, create space, and manage stressful situations
- Two powerful models that you can return to often to understand more about your key drivers and triggers, allowing ongoing development of yourself as a leader
- A tangible action plan to assist you in integrating your new skills in the workplace
- A comprehensive reading list to help keep the learning alive

### Facilitation:

This programme will be facilitated by Susan Renata, an LDINZ Facilitator who also works as Group Fitness Manager at Les Mills, Auckland City. Full facilitator bios are available on our website.

### About Us:

LDINZ is a Hawke’s Bay-based business that specialises in developing leaders ‘from the inside out’. We partner with progressive organisations that recognise the best way to grow their business is to grow their people.