



**VOICES:
A TRANSFORMATION WORKSHOP FOR
WOMEN LEADERS**



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If you want to fly, you have to give up the stuff that weighs you down.

~ Toni Harrison



WORKSHOP FRAMEWORK

We are now in a global phase where more and more women leaders are rising to forefront and finding their voices in the world.

Your voice is your birthright; it is your identity; it lives in your mind, your heart and your soul. It leads you to self-discovery. Using your voice is the surest way to build connections, find solutions, live your truth and ultimately paves your path to self-discovery.

Ignoring your voice leads to frustration - a continued fear of expression. Women who ignore or lose their voice stumble in achieving their goals leading to regret. The biggest fallout from losing your voice is not paving the way for young women to come.

Women weren't made to be quiet and sit down. We were designed to have thoughts and feelings that contribute to the greater good - preserving a world that is safe and supporting.

This two-day intense workshop enables women leaders to go deeper into exploring their unique identity, identifying limiting beliefs and charting out a roadmap that is inspirational, liberating and highly empowering.



AGENDA

The two day workshop focuses on four distinctive areas:

1. A self-awareness journey into : Finding your True Leadership voice
 - i. Exploring preferences and personality traits
 - ii. Exploring the healthy and unhealthy spectrum of leadership traits
 - iii. Identifying purpose, values and motive components of leadership identity.

2. The neuroscience of limiting beliefs
 - a. Threats and rewards associated with beliefs
 - b. Identifying situations and patterns that cause you to go silent

3. Owning the power of your voice
 - a. to influence conversations,
 - b. fearlessly disseminate knowledge,
 - c. to negotiate with greater impact
 - d. Feeling understood: synchronizing the inner and outer voice to fulfill a basic need for every woman – that of being understood

4. Commit to ACTION
 - a. Challenging yourself to moving out of your comfort zone and coming away with fresh ideas and enthusiasm
 - b. Creating an inspirational and high impact action plan
 - c. An exposure to new ways of thinking to create tangible changes in mind-set and behavior

5. Creating your leadership brand and presence
 - a. Re-learning the intrinsic right to assert power through your voice.
 - b. Communicating with passion and purpose
 - c. Creating your unique presence with authentic leadership



METHODOLOGY

The workshop is organized in two parts.

- 1) Raising an awareness of self and what can hold our voice back.
- 2) Focus on many, high impact & energetic exercises to improve vocal power in communication.

The workshop is set in an informal group coaching setting with an abundance of reflective conversations, audio visuals, role model sharing and scientific evidences based on the neuroscience of high impact leadership. The workshop is enhanced by the use of somatic exercises and guided movement, visual imagery, mindfulness and vocal practices.

KEY TAKE-AWAYS

- a) Intense self-awareness that enables you to 'predict impact', 'regulate emotion', 'explain and exercise greater choice of behavior'
- b) Tools and techniques for using your voice powerfully at all times. Giving yourself the place you deserve, and thus indicating to the others the place they should grant you
- c) Finding the right leadership voice that says assertively, "I know this is my place, everybody finds me legitimate and I am good at what I do!"
- d) Embody your voice and message
- e) Understand your own internal Emotional Guidance System and use it to direct your career and personal life with greater power
- f) The Art of Negotiation, with valuable insights to perfect your negotiation skills with bosses and loved ones for greater impact
- g) Recognizing the Little Girl Syndrome, how to eliminate any effects this may be having on you as an adult and how to vaccinate your daughters against it
- h) Controlling and owning your 'self-doubt' with a view to diminishing its negative impact
- i) Understanding how and where you might be giving your personal & professional power away without realizing it
- j) Influencing the direction of your work and personal life with greater clarity through harnessing your beautiful inner power.



FOR WHOM

Emerging and current women leaders, Corporate Executives, Managers, Team Leaders, Business Consultants & anyone who aspires to manifest their authentic impactful presence in a dynamic global ecosystem.



Never grant someone the power to silence
your inner voice

~ Charles Glassman
Medical Doctor and Coach

