

Women's Leadership Programme: Empowering Excellence

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Madrid (Spain)

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Why This Course

Women leaders bring powerful perspectives, strengths, and capabilities to organizations, yet they may also face unique challenges related to visibility, confidence, bias, negotiation, networking, career progression, and work-life integration. Strong leadership development helps women recognize their value, strengthen their voice, and lead with confidence, influence, and authenticity.

This intensive 5-day Women's Leadership Programme empowers female leaders with practical skills, strategies, and tools for personal and professional growth. The course covers leadership identity, personal branding, imposter syndrome, communication, negotiation, assertiveness, public speaking, networking, mentorship, sponsorship, resilience, emotional intelligence, gender-related workplace challenges, and career advancement. Through interactive exercises, reflection, and real-world scenarios, participants will develop actionable plans to strengthen their leadership impact.

What You'll Learn and Practice

By joining this program, you will:

- Develop a strong leadership identity and personal brand.
- Understand different leadership styles and personal strengths.
- Build confidence and address imposter syndrome.
- Improve communication, influence, and presentation skills.
- Strengthen negotiation and assertiveness techniques.
- Resolve conflict with confidence and professionalism.
- Build and leverage professional networks.
- Understand the role of mentorship, sponsorship, alliances, and coalitions.
- Navigate gender bias and workplace stereotypes.
- Create practical strategies for work-life integration.
- Cultivate resilience, self-care, and emotional intelligence.
- Develop a clear action plan for continued leadership growth.

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A graphic illustration of a chessboard with several chess pieces. A large gold king piece is prominent in the foreground, with other pieces like a silver pawn and a gold pawn visible. The board is checkered, and there are concentric circles in the background.

The Program Flow

Day 1: Foundations of Women's Leadership

- Understand leadership styles and personal strengths.
- Define your leadership identity and values.
- Explore barriers that may affect confidence and visibility.
- Address imposter syndrome with practical strategies.
- Build a personal brand that supports career success.

Day 2: Communication and Influence

- Apply effective communication strategies.
- Strengthen negotiation skills for leadership and career advancement.
- Practice assertiveness in professional conversations.
- Manage conflict with clarity and confidence.
- Improve public speaking and presentation skills.

Day 3: Building and Leveraging Networks

- Apply strategic networking techniques.
- Understand the difference between mentorship and sponsorship.
- Build alliances and coalitions that support leadership growth.
- Use professional relationships to create opportunities.
- Leverage social media for visibility and professional development.

Day 4: Navigating Workplace Challenges

- Recognize and address gender bias and stereotypes.
- Manage workplace challenges with confidence and professionalism.
- Develop practical work-life integration strategies.
- Cultivate resilience and self-care habits.
- Create strategies for career advancement and leadership visibility.

Day 5: Leading with Emotional Intelligence

- Understand and develop emotional intelligence.
- Apply empathetic leadership to motivate and support teams.
- Strengthen decision-making and problem-solving skills.
- Reflect on personal leadership growth and future goals.
- Create an action plan for continued development.

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A graphic illustration of a chessboard with several chess pieces. A large gold king piece is prominent in the foreground, with a silver pawn and a gold pawn nearby. The board is checkered, and there are concentric circles in the background.

Individual Impact

- Build stronger confidence in leadership roles.
- Improve communication, negotiation, and influence skills.
- Develop a clearer leadership identity and personal brand.
- Strengthen resilience, emotional intelligence, and self-awareness.
- Gain a practical leadership development plan for career growth.

Work Impact

- Improve leadership effectiveness and team engagement.
- Strengthen inclusive communication and collaboration.
- Support stronger representation and advancement of women leaders.
- Improve decision-making, conflict resolution, and workplace influence.
- Build a more confident, resilient, and empowered leadership culture.

Training Methodology

This program combines leadership development with practical application through:

- Leadership style and personal brand exercises.
- Confidence-building and imposter syndrome reflection activities.
- Communication, negotiation, and presentation practice.
- Networking, mentorship, and sponsorship mapping.
- Workplace challenge and resilience case discussions.
- Emotional intelligence and leadership action planning sessions.

Beyond the Course

Upon completion, participants will be able to:

- Develop personalized leadership development plans.
- Communicate, negotiate, and present with greater confidence.
- Build stronger professional networks and support systems.
- Navigate workplace challenges with clarity and resilience.
- Apply emotional intelligence in leadership situations.
- Continue advancing their careers with stronger focus, visibility, and confidence.

A graphic of a chessboard with several chess pieces. A large gold king piece is in the foreground, with a silver pawn and a silver knight behind it. In the background, there are concentric circles emanating from a point on the board.

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