

AUTUMN 2020

## GLOBAL VIRTUAL OPEN PROGRAMME

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*"I'd like to lead change for  
millions and I think I can do it -  
but not alone"*  
*She Leads Change participant, 2018*



## SHE LEADS CHANGE

PEER LEARNING  
FOR WOMEN:  
COURAGE FOR  
CHANGEMAKERS





If you are a woman working to create positive impact, the world needs you to be your most powerful self, to operate from a place of confidence and abundance. This means you truly feel you are worthy of the best of life and have the personal resilience to handle the worst.



## WHAT IS IT?

She Leads Change is a transformative approach to leadership for women driving change and innovation. It allows change-makers like you to better hear your own voice, inform your choices, navigate relationships and engage positively within existing systems.

Our Open Programme offers you profound personal shifts through a mixture of structured input, peer learning, practical tools and techniques, co-creation and individualised coaching. Virtually over a three-month curated journey, it provides a safe, nourishing space for reflection, realisation, experimentation and self-actualisation.

Our programme is designed to get under the skin of the things that worry you and hold you back, to give you courage to live with purpose, to develop strong bonds that can see you through tough times and to celebrate the wins.

We cover tools, techniques and models including active listening, peer-to-peer coaching and action learning sets, relational dynamics, clean language, paradigm shifts and reframing, change management and systems theory including Theory U, the 3 Horizons model and Graves spiral dynamics.

Most of all, it is envisaged to give you the power of a community of amazing, like-minded women, so you can get on and create maximum impact.



MY MISSION IN LIFE IS NOT MERELY TO SURVIVE, BUT TO THRIVE; AND TO DO SO WITH SOME PASSION, SOME COMPASSION, SOME HUMOR, AND SOME STYLE. - MAYA ANGELOU.

## WHO IS IT FOR?

**You are a leader.** Irrespective of your age, title or role - you know deep inside yourself you have the commitment and capacity to lead profound change. And that change is necessary. People in your life look to you for guidance and direction.

**You are open, curious and committed to personal growth.** You explore your limits and push your boundaries. You want to bring your most authentic self to the work you love, in a life you want to live. You drive change inside and out.

**Yet sometimes you feel small and vulnerable and wonder if you can.** You may feel bruised by life and nervous about putting yourself forward. You want to move beyond old patterns holding you back and relationships and narratives that no longer serve you.

**You are daunted by possibility and how to better balance and give place to all of life's competing priorities.** You may be at an inflection point in your career; looking for a new role; overcoming a disappointment; receiving a recent promotion; returning from maternity leave, etc. You're asking what you want out of life, how to be 'you' and still give your best back to your community and society.



# WHAT DOES OUR OPEN PROGRAMME OFFER?

We've seen significant changes in outlook, approach and results in our previous participants:

## TOOLS FOR SUCCESS

"Over a matter of months, my executive presence, ambition and self-belief have transformed! I feel ready for the next challenge and have the tools to succeed"

## COURAGE AND CONFIDENCE

"She Leads Change goes beyond the professional and into the deep personal – it will help you find and build the foundations within yourself to create the change you want to see in the world, with courage and confidence"

## LIKE-MINDED SUPPORT COLLECTIVE

"I've benefited from an intensive, magical thought-provoking journey over the past few months. I've come out knowing more about myself and loved meeting an incredible like-minded support collective..."

## GLOBAL SHIFT -NEW WAY OF THINKING

The biggest benefit our changemakers receive, is a new way of thinking that allows them to better manage their internal narratives, diverse personal and professional relationships and operate as confident, courageous leaders within any societal system in the world. This is reinforced through coaching and continued engagement with the wider-community.

**Note:** This not a course to 'fix' you. We want you to know that you are already great - no fixing required! And you are already doing well. This is not to make you someone different; we are not planning on changing you.

We work alongside you, to allow you to trust yourself more and remove anything you are putting in the way of your best self and desired life, whilst being able to better ride the waves life brings your way: buoyed on self-trust, new ways of thinking and a great network.



# HOW DOES IT WORK?

You will join a group of women meeting virtually (Zoom) fortnightly, for **7 sessions**. Over the course of three hours, we will: check-in, explore our topic through deep collective-dialogue, hear from an expert speaker, reflect and try out new ways of 'being'.

Within your cohort, you will be divided into smaller groups called **Pods** and within that, you'll be paired up with a **buddy**. Most sessions will involve time with the full cohort and also time within your pod, allowing you to go deeper and work intimately within a smaller group.

Topics will be tailored to the groups and may include: self-esteem, vulnerability, resilience, balance, etc. You will also be provided with pre-reads, distributed ahead of each session for reflection and preparation. The monthly time commitment, including the face to face session and personal journaling, will be about **10 hours**.

If you choose the coaching option, you will be matched with an **individual coach** across the programme a series of three 55 minute conversations, providing you with complementary insight and support throughout your journey. The set-up of the programme is specifically designed to develop self-confidence in action.

Our facilitators will curate the group however, with the principle of growing through doing, the group will take responsibility within the structure to **co-create** the experience. This involves choosing topics, preparation, open-hearted discussions, deep listening, reflection and co-building. Ultimately, it is expected that participants will continue to support each other after the programme and become part of the wider She Leads Change community.

# WHAT DO I NEED TO DO?

We welcome applications from women, those who identify as women and non-binary people, from all backgrounds, walks of life and leadership contexts. We extend a global invitation to join our virtual collective. You are welcome to apply as a self-funded individual. If - and this is preferable - you can afford more, or if your organisation can pay, we offer a corporate rate, and a rate for non-profits/social enterprises/start-ups. A commitment is expected for the full programme across three months.

**VIRTUAL COHORT 1**  
Tuesdays - 17:30-20:30 BST

- 8th Sept - Opening
- -22nd Sept - Self
- 6th Oct - Other
- 20th Oct - Systems
- 3rd Nov - Resilience
- 17 Nov - Integration
- 8th Sept - Joint Community Session for both cohorts

**VIRTUAL COHORT 2**  
Tuesdays - 14:30-17:30 BST

- 5th Sept - Opening
- 29th Sept - Self
- 13th Oct - Other
- 27th Oct - Systems
- 10th Nov - Resilience
- 24th Nov - Integration
- 8th Sept - Joint Community Session for both cohorts

	Programme fee including VAT	Programme fee including 3 coaching sessions
Self-funded	£354	£498
Non-profit / social enterprise / start-up	£780	£996
Corporate	£1,140	£1,500

Far more than a payment or a time commitment, this programme requires the courage to admit that you want to live life differently, to seize the opportunity and to bring your whole self. We welcome all applications.

As a not-for-profit initiative, we appreciate full paying participants and rely on them to support the programme – however, we value diversity and would encourage you to apply regardless of your financial situation. There are also flexible payment options available, and thanks to the generosity of our corporate supporters, we offer sponsored and part-sponsored places.

“AS COCO CHANEL PUT IT “A GIRL SHOULD BE TWO THINGS – WHO AND WHAT SHE WANTS”. COME AND JOIN. WE ARE SO LOOKING FORWARD TO MEETING YOU!

TO APPLY FOR OUR NEXT PROGRAMME, COMPLETE THE APPLICATION FORM AND WE WILL BE IN TOUCH





# QUESTIONS ASKED ...

## **WILL I LEARN BUSINESS AND LEADERSHIP SKILLS?**

We believe that this programme will help answer the question “What does it mean for me to lead?”. In the process you’ll be reinforcing business skills - presenting, working collaboratively and articulating your thoughts. In addition you’ll be exposed to new ways of leading, useful tools and techniques for personal, interpersonal and systems change. At the end, however, we think we are successful if you feel grounded in your own self-awareness, have new perspectives on influencing others and are deeply connected with others, supporting you to drive change.

## **WHAT HAPPENS IF I CAN'T AFFORD THE RATE BUT REALLY WANT TO DO IT?**

We offer a flexible payment scheme where you can pay installments over time. You may also qualify for a sponsored place. If you are a woman leading change - we’d love to have you on the programme - please do enquire.

## **WHAT HAPPENS IF I CAN'T ATTEND ALL THE SESSIONS?**

We would encourage everyone to attend all the sessions, in particular the first session as this sets the tone and the introduction to the programme. However we understand that ‘life happens’. We suggest you pay special attention to the pre-reads that week and speak to your pod to develop a shared solution.

## **WHAT ELSE IS EXPECTED OF ME?**

This programme relies on you to maximise it. You’ll need to work out with other members of your pod and of the broader course when and how you’d like to meet-up outside the formal sessions. You may want to start a group on social media, have regular Zoom catch-ups. In addition, we’d welcome you to join our broader community and meet other like-minded change-makers who have previously attended the course or currently coach on it. Last, as a social enterprise, we are always looking for bright ideas from people wanting to support the She Leads Change core team. Make it happen!

## **HOW DID SHE LEADS CHANGE COME ABOUT?**

She Leads Change came about through a series of conversations between women working to create change, and looking for advice on how to move forward, better. It is a non-profit project primarily powered by passion, kindness and volunteer contributions.

## FIND US ON SOCIAL MEDIA



@sheleadschange



@sheleadschangeuk



@SheLeadsChangeUK



@sheleadschange

Visit [www.sheleadschange.org](http://www.sheleadschange.org) to find out more about what we do, our programmes and events our blog and for inspirational resources.

Or get in touch with us directly via [hello@sheleadschange.org](mailto:hello@sheleadschange.org)  
We can also offer tailored programmes for your organisation - get in touch to explore ways we can partner.

“ WE ARE WORKING WITH SHE LEADS CHANGE TO CREATE A POWERFUL BOND BETWEEN THE TOP TIER OF WOMEN IN THE ORGANISATION, SUPPORTING THEM AS THEY RISE IN SENIORITY AND ENSURING THAT ALL VOICES ARE HEARD - GLOBAL COMMUNICATIONS AGENCY

SHE  
LEADS  
CHANGE