

# SHE LEADS CHANGE

Peer Learning for Women:  
Courage for changemakers

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## SHE LEADS CHANGE PRACTITIONERS PROGRAMME OUTLINE

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- + Foundations of Self
- + Stretching into Purpose
- + Conscious Communication

A STRUCTURED SERIES OF LEARNING EVENTS  
DESIGNED FOR SHE LEADS CHANGE ALUMNI

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WHEN YOU JOIN A SHE LEADS CHANGE PROGRAMME WE HOPE THAT YOU DO MORE THAN A COURSE. WE HOPE THAT YOU EXPERIENCE NEW WAYS OF BEING AND LEADING. WE HOPE YOU FIND COMMUNITY AND CONNECTION. WE HOPE THAT YOU INSPIRE OTHERS TO RISE TO THEIR FULLEST POTENTIAL, TO stand up and speak out. YET, WE KNOW THAT LIFE GETS BUSY AND CAN GRIND US DOWN, PUSH US BACKWARD OR JUST OVERWHELM US TO THE POINT THAT WE LOSE TOUCH WITH OUR FORWARD MOMENTUM, OUR OWN BEST SELF.

Our Practitioners Programme is a structured series of learning events designed for She Leads Change Alumni to continue to support you in work and life.

**It offers:**

- Deeper dives into important themes from our Programmes
- Facilitation by inspirational women and knowledge-sharing by experts
- Reconnection to peers and to a supporting community
- Cutting edge leadership techniques - incl. peer circles
- Growth and learning: practical tools, new skills and extended emotional intelligence

Over time, this Practitioner Programme may be extended to create a platform of connection. This may offer additional skill-sharing, more types of mentoring, specific communities to practice around focus areas, and start-up support.

It may also formalise learning through an accreditation of both practitioners and organisations.

Visit [www.sheleadschange.org](http://www.sheleadschange.org) to find out more about what we do, our programmes, events, our blog and for inspirational resources. Or get in touch with us directly via [hello@sheleadschange.org](mailto:hello@sheleadschange.org)

## FORMAT

**This first iteration of this Programme, will be offered as a pilot over three months:** October, November and December.

It follows the She Leads Change approach of self-study, peer-learning and reflection. The format is virtual and each month includes:

- + Receive brief introduction and self-study exercise (1hr)
- + Connect with 'buddy'(1-2hrs)
- + Deep dive session with experts (2.5hours)
- + Peer learning circle (1hr)
- + Reflection and expert Q&A (1hr)

## COST

This is an annual programme where you can sign-up quarterly or monthly. Fees offered on an affordability scale. They are as follows:

- Drop-in to deep-dive only: £35 or £50
- Full Month all activities: £45 or £60
- Full Quarter/3 months all activities: £120 or £150
- Pay it forward to a sponsored place: £180 or more  
Coach/mentor per hour add on: £85 or £120

## **BOOK YOUR PLACE**

# OCTOBER: FOUNDATIONS OF SELF



2020 HAS CHANGED OUR UNDERSTANDING OF THE WORLD, OUR ORGANISATIONS AND OURSELVES. MANY OF US ARE FINDING OUR PSYCHOLOGICAL WELL BEING COMPROMISED BY PAINFUL EXPERIENCES, PRESENT CHALLENGES, BIG QUESTIONS, AND FUTURE UNCERTAINTY.

This month will take you on a 4-week journey to connect more deeply with 'self' through the lens of the 'mind'. It will provide a practical set of tools to increase your ability to find clarity and purpose in the uncertainty and unknown.

Our deep dive session will be highly interactive and led by Julia Rebholz, Maureen Chiana and Danielle Mensah who are part of the She Leads Change Springboard Panel and are consultants and coaches that work with global business leaders to understand the human mind to create transformation and breakthrough solutions.

They will explain the scientific principles behind the design of the human mind and help you be in a better psychological state. Their work creates significant results for organisations and people, who thrive, are purposeful and sustain higher performance.

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**WE'RE GROWING A  
MOVEMENT OF  
CHANGE-MAKERS**

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## AT THE END OF THE MONTH YOU WILL:

- Have new insight on how your mind works,
- Be able to tap into flow, to be 'on purpose' more of the time,
- Be more connected to a group of inspirational women,
- Have a higher level of emotional, psychological and physical health.

## DATES AND TIMES ARE AS FOLLOWS:-

- Receive self-study questionnaire: October 8th
- Deep-dive experience: October 15th - from 4pm - 6.30pm
- Peer circle: October 22nd - from 4pm - 5pm
- Reflection and Q&A: October 29th - from 4pm - 5pm

# NOVEMBER: STRETCHING INTO PURPOSE



AT SHE LEADS CHANGE WE HELP PEOPLE FIND THEIR VOICES AND SPEAK THEIR TRUTH. WHICH SOUNDS REALLY GOOD – UNTIL SOMEONE DOESN'T 'GET IT'! WE HAVE ALL EXPERIENCED THE FRUSTRATION THAT A LACK OF UNDERSTANDING CAN CREATE, NOT TO MENTION THE DRAIN ON ENERGY AND TIME. THIS IS ESPECIALLY TRUE IN DECEMBER WHEN PEOPLE ARE TIRED, FAMILIES GATHER AND WE HAVE END OF YEAR DEADLINES – WE NEED TO BE EVEN MORE CONSCIOUS IN HOW WE COMMUNICATE.

Over the month of December, we will raise awareness of our own communication and the impact it has on those around us. We will be introduced to tools and methodologies that will help to access our most collaborative, creative and empathetic mental and emotional states, to build clarity for ourselves and those around us.

In our two and a half hour online expert session, Sula Bruce, She Leads Change facilitator and coach, along with her business partner Nick Simmonds, will introduce you to you to clean questions and Conscious Set-Up. This is a fusion of the ideas of Daniel Kahneman (Nobel Laureate & author of Thinking, Fast and Slow) and Clean Language.

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**MEANINGFUL SHIFTS IN  
MINDSET AND WHAT  
I'M ACCOMPLISHING**

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AT THE END OF THE MONTH YOU WILL:

- Have perspective on your communication and its impact on others,
- Have learned tools to flex and adapt in order to support better understanding and collaboration,
- Be more connected to a group of inspirational women,
- Be able to consciously gain clarity, avoid and diffuse unnecessary conflict.

DATES AND TIMES ARE AS FOLLOWS:

- Receive self-study questionnaire: November 5th
- Deep-dive experience: November 12th - from 4pm – 6.30pm
- Peer circle: November 19th from 4pm – 5pm
- Reflection and Q&A: November 26th - from 4pm – 5pm

# DECEMBER: CONSCIOUS COMMUNICATION



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**INCREDIBLE LIKE-MINDED COLLECTIVE WHO WILL CONTINUE ON THE ROAD WITH ME**

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DATES AND TIMES ARE AS FOLLOWS:-

- Receive self-study questionnaire: December 1st
- Deep-dive experience: December 8th - from 4pm – 6.30pm
- Peer circle: December 15th from 4pm – 5pm
- Reflection and Q&A: December 22nd - from 4pm – 5pm