



# WOMEN'S *Leadership* CURRICULUM

## BREAKING NEW GROUND

*A Two-Day Workshop for Women Leaders with follow-on group coaching*

*This two-day experiential workshop for women leaders distinguishes the five elements of the feminine and helps identify how women can create balance in their personal and professional lives. Breaking New Ground explores what holds women back, what we fondly refer to as the "Gremlin". Women deepen their understanding of power and influence, especially in relationship to other women at work. Women learn the importance of authentic acknowledgment as a potent leadership tool. This extraordinary workshop awakens women to their potential as leaders.*

*"We are volcanoes. When we women offer our experience as our truth, as human truth, all the maps change. There are new mountains."* - Ursula LeGuin

### Workshop Overview

#### Day One

- Where Are You Out of Balance?
- Five Elements of Women's Leadership
- Outing Your "Gremlin"

#### Day Two

- Understanding Power
- Self Esteem Profile
- Authentic Acknowledgement

### Results You Can Expect

- Clarity about blocks to leadership effectiveness
- Awareness of where one is out of balance
- Understanding of power for women
- Ideas for regaining and retaining power day-to-day
- Skill in offering meaningful acknowledgement

### Sustaining Momentum - Group Coaching

Follow-on group coaching is offered as an opportunity to participate with other women who are committed to taking action, achieving results and creating lasting transformation. Follow-on group coaching is six sessions for women who wish to anchor their learning from Breaking New Ground, and continue development toward extraordinary leadership. With a skilled group coach, women are introduced to a new topic each session. The group calls out each woman's best, benefiting individuals, teams and the organization as a whole. This promises to be a very rich experience for all who say "yes" to this amazing opportunity.

**For more information on this offering, please call Kathy Anderson at 206-686-4400. ex. 12 or via e-mail at [kathy@dedehenley.com](mailto:kathy@dedehenley.com). Visit our web site at [www.dedehenley.com](http://www.dedehenley.com)**

**We look forward to hearing from you.**



**the DEDE HENLEY GROUP**  
*the inspiration to lead*