

Unstoppable Women! – Steps to Success (Part I)

An elite & in-depth program for serious businesswomen who are ready to advance their careers & build their leadership capabilities

Synopsis of Content & Methodology

Content areas covered

Valuing Yourself Highly

- ✚ Developing a deep understanding of your capabilities, skills, qualities, attributes and values
- ✚ Creating an accurate sense of who you are and increasing your confidence, self esteem and self worth

Mastering your Personal State

- ✚ Reframing Internal Dialogue
- ✚ The Physiology of Excellence
- ✚ Emotional Intelligence – recognising and appropriately managing your emotions and those of other people

Reclaiming Your Voice

- ✚ Redefining Assertiveness
- ✚ Being readily able to say 'no', draw boundaries and negotiate 'Win/Win' outcomes
- ✚ Developing confidence in standing by your opinions

Deeply Understanding Your Natural Style

- ✚ Being clear on your style of interaction – and how others might see you
- ✚ Knowing your strengths and (current) limitations
- ✚ Developing behavioural flexibility in dealing with people very different to yourself
- ✚ (The Myers-Briggs Type Indicator® Step II and Gender Values instruments are used in this section of the program)

The Methodology

- ✚ A six month program
- ✚ 3 x Full Day workshops with Sandi Givens (held in alternate months)
- ✚ 3 x 1.5 hour Master Classes with Sandi Givens (by Webinar - held in alternate months)
- ✚ Leading successful businesswomen attending workshops and Master Classes as Guest Speakers
- ✚ 6 x 30-minute coaching sessions with Sandi Givens (by phone)
- ✚ 6 x Audio CD Interviews with high-profile Businesswomen sharing how they became unstoppable
- ✚ Additional Resources – including other inspirational women participating in the program
- ✚ Unlimited access to Sandi Givens throughout the 6 month period

“For Unbelievable Breakthroughs That Deliver Outstanding Results”