

# € TRAINING

Women Leadership Fundamentals





# Women Leadership Fundamentals

## Introduction:

This training program provides the foundational principles, skills, and knowledge essential for women to effectively lead and excel in various leadership roles and positions. It encompasses understanding key leadership concepts and addresses specific challenges they may face in professional settings.

## Program Objectives:

At the end of this program, the participants will be able to:

- Develop Leadership Skills.
- Foster Self-Confidence.
- Promote Diversity and Inclusion.
- Networking and Relationship Building.
- Strategic Thinking.
- Conflict Resolution.
- Emotional Intelligence.

## Targeted Audience:

- Women in Mid-Level to Senior Positions.
- Emerging Leaders.
- Entrepreneurs.
- Non-profit and Community Leaders.
- Women in Transition.

## Program Outlines:

### Unit 1:

#### Foundations of Leadership:

- Introduction to leadership principles.

- Self-assessment and goal setting.
- Building a personal leadership brand.
- Communication skills for effective leadership.

## Unit 2:

### Strategic Leadership:

- Strategic thinking and planning.
- Decision-making and problem-solving.
- Leading through change and uncertainty.
- Time management and prioritization.

## Unit 3:

### Leading with Emotional Intelligence:

- Understanding emotional intelligence.
- Emotionally intelligent leadership.
- Managing stress and building resilience.
- Empathy and interpersonal skills.

## Unit 4:

### Building Inclusive Leadership:

- Diversity and inclusion in the workplace.
- Unconscious bias and its impact.
- Creating an inclusive work culture.
- Conflict resolution and negotiation.

## Unit 5:

### Networking and Career Advancement:

- Building and nurturing professional networks.



- Mentorship and sponsorship.
- Personal and professional growth strategies.
- Developing a leadership action plan.