



# LEAD FROM WITHIN

A LEADERSHIP DEVELOPMENT  
PROGRAM FOR WOMEN

# WHY EMPOWER WOMEN?

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An empowered woman empowers more women around her and leads with empathy. Owing to the socio-cultural norms and years of social conditioning, women develop a certain mindset and behaviour when it comes to making career choices, be it seeking better opportunities, accepting key roles made available to them or asking for training, promotion or a pay raise that is due to them.

Owing to these barriers, with time, there is a confidence gap and a leadership gap that develops.

## As a result:



Women wish to accept projects and roles only if they fit the bill exactly. They try to look and find for a perfect fit as they don't want to fail. They are risk-averse.



Women tend to give up or reject currently available projects and roles, anticipating additional personal responsibilities and family responsibilities in the future and hence opt out from projects much before they need to step back.



Women also find it difficult to admit that they are ambitious or are willing to prioritise work over family, as they believe they would be looked down upon for making that choice.



Several personality traits like being assertive, aggressive, task oriented etc that are considered as desirable 'leadership traits' in men, are not appreciated in women. Women who exhibit such leadership characters are considered unlikable. Women can either have leadership qualities or be liked, not both.

Companies that have a higher percentage of women in senior positions tend to be more successful. This is one of the reasons many organizations are now focused on having more women in leadership positions across levels. It can be achieved only if women are identified in the early stage of their career and are groomed to assume leadership positions later on.

# WHAT IS LEAD FROM WITHIN ?

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Lead From Within by Chapter Two is a leadership development workshop to groom women for leadership positions in the organization. This program helps women understand themselves, overcome barriers and limiting personal beliefs that prevent them from realising their true potential and helps align their personal values with their work. Lead From Within is a one day workshop specially designed for companies to



Empower and enable women employees with the potential to excel



Groom next-gen women leaders



Create exemplary women leaders

This workshop is specially designed for women who are ambitious and want to take on leadership positions and become role models for other women.

# WORKSHOP OBJECTIVES

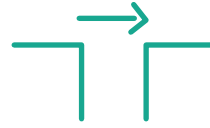
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Better self-awareness



Replace self-limiting beliefs that restrict growth



Bridge the gap in confidence and leadership



Introduction to skills and techniques that enable women to lead from within

# WORKSHOP HIGHLIGHTS

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- Learn the **uniqueness** of women's leadership style
- **Understand** your unique leadership style.
- **Overcome** barriers to leadership
- **Align** your personal values with your work.
- Authentic leadership: **Lead** with confidence, integrity and power
- Influential and effective leadership: **Understanding** influence, conflict management, negotiation and relationship building.
- **Prioritization** at the crux of work-life integration
- Be your best friend with **self-coaching** techniques

# WORKSHOP METHODOLOGY

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Lectures



Self-reflection



Videos



Individual & group activities



Moderator-lead discussions

# OUTCOME FOR PARTICIPANTS

At the end of the workshop, the participant will be able to

- Create a positive and growth-oriented mindset towards challenging leadership roles
- Identify and enhance 'levers of change' that will make them appreciate themselves to become better leaders
- Overcome barriers and get over limiting thought processes
- Communicate and project themselves with confidence
- Take ownership of their goals and to constantly be driven by the intent to succeed for themselves and people around them

## WOMEN'S LEADERSHIP DEVELOPMENT ENGAGEMENT MODEL



One-on-one coaching



Workshops



Long-term change journeys



Custom-made approaches

## WHO IS IT FOR?

Women with 8+ years of work experience who aspire to be leaders

Minimum participants: 8

Maximum participants: 20

## ABOUT CHAPTERTWO

Chapter Two Coaching is a coaching consultancy that enables everyone from CEOs to work from - home parents to achieve their goals by replacing self-imposed limitations with enabling stories.

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ChapterTwoCoaching

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