

The Leadership and Life Balance Programme for Women

Great leadership at work does not happen in isolation from life as a whole. Being a successful leader at work, means recognising who you are and how you lead yourself in all aspects of your life. It means bringing your whole self to your role at work, so that you can have integrity as a leader and draw on all your personal resources for success.

Living Leadership is a transformational personal leadership programme, which will help you to re-discover the inner leader in you, increasing your 'personal power' as a woman in your role and in life as a whole. The programme is deliberately grounded in a framework for personal growth enabling you to discover and engage your natural strengths and authenticity as a leader. This foundation that we call self-leadership is critical to exceptional leadership of others, because the integrity, clarity and confidence that you hold in yourself will be what enables you to attract, inspire and engage those around you.

Programme Structure

The programme consists of 4 successive one-day modules spread over 4 months with inter-module coaching sessions to help you to integrate your learning. During each module you will engage with meaningful and practical tools to grow your leadership potency, applying them to those areas of your work and life where change is needed. You'll develop a vision of what Living Leadership means to you and receive support from the modules and personal coaching sessions to bring it to life!

Next programme for 2011

20 April	Module 1 – Leading on Purpose
19 May	Module 2 – Being in Self-Command
23 June	Module 3 – Transforming Relationships
18 August	Module 4 – Sustaining Success

Workshop Venue

The Rapha Centre, Comrie Road, Braco, Perthshire FK15 9LL
(Approx 1hr from Edinburgh or Glasgow.)

Coaching Venue

Springwood House, Kincardine on Forth, FK10 4AY

Timing

09.30 – 17.30 each day. (Coaching times to be arranged individually.)

Price

£1,950 + vat for 4 modules including all coaching, beverages and lunch.

'This has been incredibly empowering and has transformed my life both at work and at home. I am now a more confident, calm, happy and effective leader.'

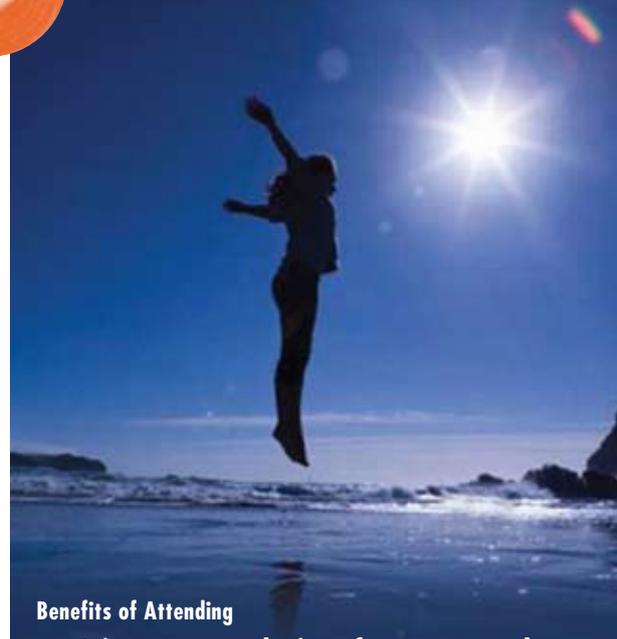
Detective Chief Superintendent

Benefits of Attending

- **Bring greater clarity of purpose and vision to your leadership as a whole**
- **Strengthen your inner confidence and influence as a leader in your role**
- **Create more choice and influence over the thoughts and emotions that effect your success**
- **Develop the personal robustness and skill to transform challenging relationships**
- **Create more balance and vitality in your life and reduce stress**
- **Build a supportive network of women with which to share experiences and learning**
- **Receive one to one coaching sessions to help you integrate your learning**

'Dancehammer's Living Leadership Programme is transformational! Bring along your whole self and your boldest aspiration – the rest will happen.'

Senior Civil Servant



The Living Leadership Journey

Module 1 – Leading on Purpose

This day explores our roles as women and the limitations that can be attached to our self-perception. We will develop ways to build a strong and confident 'self-identity' and explore the core sense of purpose that drives our motivation to act. Stepping beyond your role identities you will have time to explore the vision that you hold for your personal leadership and begin to identify and understand the critical voices that may hold you back.

- **Strengthen your sense of identity and purpose as a leader**
- **Create your personal vision for successful leadership in your life as a whole**
- **Recognise and begin to transform the 'inner voices' that may hold you back**
- **Engage the inner resources that will enable your success**
- **Approach your leadership role at work with new clarity and motivation**

Module 2 – Being in Self-Command

This module explores in depth ways to access and maintain our personal power. We will be learning and using powerful self-leadership tools to deepen our own understanding and experience of how to be in 'Command' of our own energy, particularly our emotions. When we have more personal authority over our patterned reactions, we can begin to open our behavioural responses to much greater and more constructive choice.

- **Develop a strong inner core of sincerity and calmness**
- **Stay centred and balanced particularly when under 'attack' from others**
- **Access 5 powerful qualities that help you to be in 'Command' of your thoughts, emotions and actions**
- **Understand how we get emotionally 'hi-jacked' and how to interrupt negative reactions**
- **Understand the thought patterns that disrupt your success and employ new 'power thoughts'**

Module 3 – Transforming Relationships

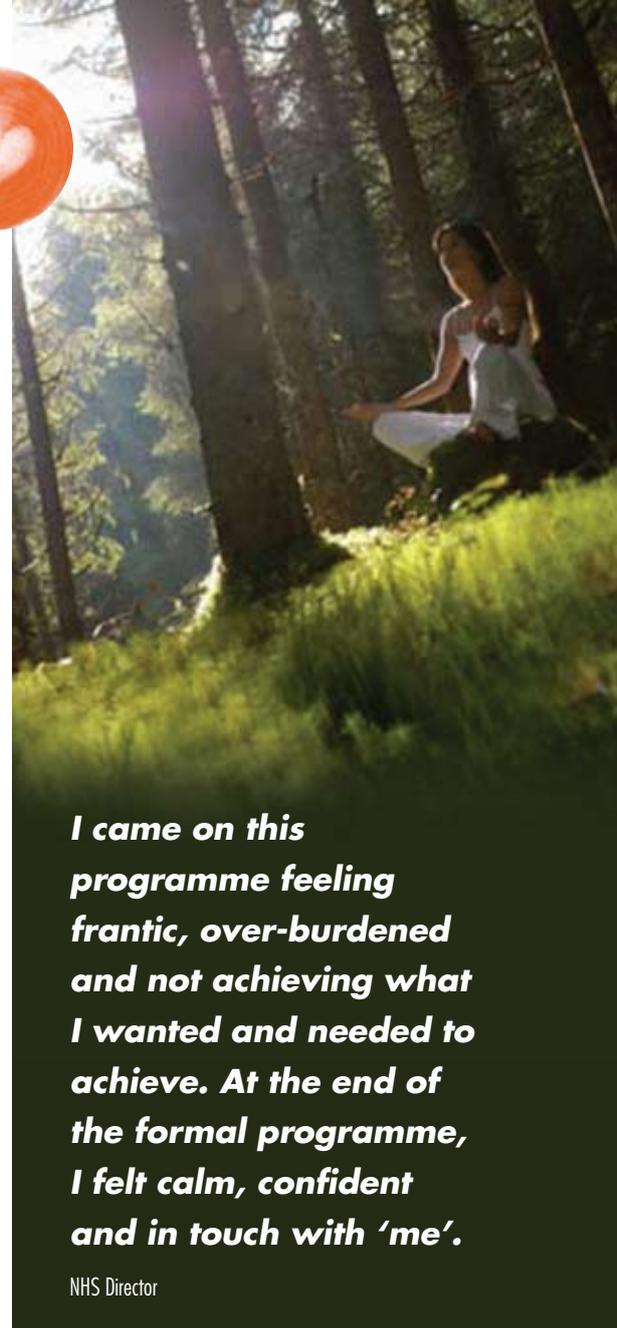
At all levels, successful relationships are a critical part of our success as leaders. This day is focused on the support and challenge that relationships bring and in particular the ones that get in the way. How can we engage our courage and wisdom to shift the dynamics of a relationship that is troubling us or challenging our progress? This module builds on the previous module's experiential learning about personal power and applies that to specific tools for having conversations that make the difference.

- **Speak openly and honestly with confidence and clarity**
- **Constructively challenge people with unhelpful attitudes and behaviours**
- **Transform difficult relationships that matter**
- **Understand the elements that support or hinder the effectiveness of your communication**
- **Move through other people's resistance to change**

Module 4 – Sustaining Success

In order to achieve lasting success of any change, we need to understand and prepare for the resistance that may occur, either internally or externally. This final day will look at the emerging needs of the group in relation to sustaining and supporting progress and continued development. How do we handle the times when we steer off track and what kind of support do we need to create in order to stay on course with living our vision of leadership successfully? How do we continue to take care of ourselves and maintain balance in our lives?

- **Address any gaps to your learning and progress that need extra support**
- **Anchor a strong identity that will support your continued success**
- **Explore how to overcome resistance to change and potential blocks to continued success**
- **Create a sponsored, life-balanced action plan including ways to stay connected with your inner resources**
- **Create a support network of women for your continued growth and development**



I came on this programme feeling frantic, over-burdened and not achieving what I wanted and needed to achieve. At the end of the formal programme, I felt calm, confident and in touch with 'me'.

NHS Director



Living Leadership is designed and led by Joey Walters of Dancehammer Group Ltd and is part of the **Women at the Heart of Leadership** initiative, an independent leadership support community for women.



Booking and contacts

To book email liz@dancehammer.co.uk
or for further information call **01259 731525**
or email joey@dancehammer.co.uk
www.dancehammer.co.uk/women.html