

# Leadership for Women

Hands-on course of 2 days - 14h

Ref.: LEF - Price 2024: CHF1 530 (excl. taxes)

## EDUCATIONAL OBJECTIVES

At the end of the training, the trainee will be able to:

- Define your mission and place as a woman in management
- Identify your personal resistances and obstacles
- Understand your preferred leadership style
- Increase your influence and personal impact
- Develop your assertiveness and defuse conflict situations

## HANDS-ON WORK

Individual thinking exercises, scenarios, analysis of situations encountered by participants.

## THE PROGRAMME

last updated: 07/2021

### 1) Positioning yourself in the social environment

- Detecting social changes and environmental restrictions.
- Identifying female areas.
- Understanding your own mental representations.
- Freeing yourself from stereotypes. Overcoming preconceptions. Identifying your own personal resistance.

*Exercise* : Individual thinking workshop. Mental representation exercises. Identifying the main stereotypes and preconceptions.

### 2) Understanding the unique qualities of female leadership

- Knowing the characteristics of female leadership.
- Identifying the main distinctions from the opposite sex.
- Locating your own charisma and leadership.
- Developing your power of influence.

*Group discussion* : In groups, build a mental map of the characteristics of female leadership.

### 3) Discovering your own leadership style

- Identifying your personal values and their "drivers".
- Detecting your operating mode.
- Knowing your qualities and areas for growth.

*Role-playing* : Being aware of your image and what it conveys. Group debriefing.

### 4) Building your leadership

- Strengthening your self-esteem. Becoming aware of your potential.
- Accepting yourself and knowing your limits.
- Seeking your intellectual, emotional, and physical balance.
- Developing your emotional intelligence.
- Building positive relationships through active listening.
- Developing your behavioral flexibility.
- Burnishing your image and increasing its impact.

*Role-playing* : Using the video: Developing your emotional intelligence. Debriefing on habits put to use.

## TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

## ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

## TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

## TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

## ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at [psh-accueil@ORSYS.fr](mailto:psh-accueil@ORSYS.fr) to review your request and its feasibility.

### 5) Female assertiveness

- Expressing your opinion assertively, knowing how to ask, refuse, and phrase criticism positively.
- Earning respect for your values.
- Defusing conflict situations.

*Role-playing* : With video: Handling difficult situations. Group debriefing.

### 6) Managing as a woman

- Understanding the exercise of female management and authority.
- Finding your own female management style.
- Adapting your attitude to each situation: Meeting, interview, decision-making, reframing.
- Creating the conditions for synergy with your team.
- Defining your action plan.

*Role-playing* : With video: Adapting your management style to everyday situations. Group debriefing.

## DATES

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REMOTE CLASS

2024 : 09 Sep, 16 Dec