

# Leadership for Women

Hands-on course of 2 days - 14h

Ref.: LEF - Price 2025: 1 570 (excl. taxes)

The managerial population has become increasingly feminized, leading to changes in corporate culture and behaviors. This training will enable you, as a female manager, to develop your leadership and influence, optimize your relationships, assert yourself, and advocate for your ideas.

## 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: 06/2024

### 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.

## PARTICIPANTS

Women in Leadership Positions, including executives, department heads, managers, and professionals.

## PREREQUISITES

No specific knowledge required.

## 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 to review your request and its feasibility.

- Building positive relationships through active listening.
- Developing your behavioral flexibility.
- Burnishing your image and increasing its impact.

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

#### 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 : 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 : Adapting your management style to everyday situations. Group debriefing.*

## DATES

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### REMOTE CLASS

2025 : 11 sept., 20 nov.