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ELEVATE HER



A 12-MONTH LEADERSHIP JOURNEY FOR TALENTED WOMEN READY TO STEP INTO MORE

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INTRODUCTION

The next generation of women leaders doesn't just need the right skills. They need the self-belief to use them, the confidence to make their voices heard, and the self-awareness to lead in a way that feels authentic to them.

Combining experiential workshops, individual and group coaching, peer learning and personalised insight, our programme supports women to develop from the inside out, building the self-awareness and confidence to translate their potential into meaningful impact at work.

MORE THAN LEADERSHIP TRAINING

Traditional development can focus heavily on what a leader needs to *do*. Elevate Her also explores who she is, what she believes about herself, and how those beliefs shape the way she leads.

Through a blend of warmth, challenge and practical application, participants are encouraged to question limiting assumptions, recognise the strengths they already possess, and discover new possibilities for their leadership.

Throughout the journey, participants have the space to reflect, experiment, learn from one another and put their learning into practice in the real world.

WHO IS IT FOR?

Organisations looking to invest in talented women who are aspiring to their first leadership role or are newly appointed leaders, and who would benefit from a structured, supportive and stretching development experience.

WHAT WILL PARTICIPANTS GAIN?

By the end of the programme, participants will be better equipped to:

- **Lead with confidence:** recognise their strengths, trust their judgement and develop an authentic leadership identity.
- **Understand themselves and others:** deepen emotional intelligence, self-awareness and understanding of different working styles.
- **Challenge self-doubt:** recognise unhelpful patterns, reframe limiting beliefs and approach challenges with greater courage.
- **Influence with impact:** strengthen their presence, navigate organisational dynamics and build effective relationships.
- **Lead inclusively:** create space for different perspectives, foster collaboration and support the development of others.
- **Shape their future:** clarify their ambitions and take purposeful steps towards their next stage of growth.

For organisations, this creates an opportunity to nurture talent, support leadership transitions and strengthen the pipeline of women ready to contribute at a greater level.

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A YEAR OF INSIGHT, CONNECTION & ACTION

Combining six facilitated, in-person workshops, delivered every other month, with coaching support between sessions. The programme brings together individual reflection, shared learning and practical application. The six workshop themes are:

01 | Leading from Within
Explore values, personality, strengths and leadership identity.

02 | Personal Brand & Presence
Find your voice, understand your impact and lead authentically.

03 | Emotionally Intelligent & Inclusive Leadership
Build emotional awareness, navigate boundaries and create inclusive working relationships.

04 | Daring Leadership
Challenge self-doubt, develop self-belief and practise courageous leadership.

05 | Influencing with Impact & Confidence
Navigate stakeholders, understand organisational dynamics and influence with purpose.

06 | From Self-Doubt to Legacy
Recognise growth, strengthen future ambitions and define the impact you want to make.

Personalised psychometric and strengths-based insights, individual and group coaching, and peer accountability help participants turn ideas into lasting changes in how they think, feel and lead.

WHY ELEVATE HER?

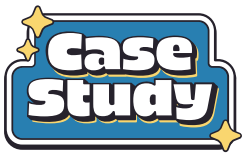
Our programme has already received positive feedback from previous participants and organisational stakeholders, including reports of increased confidence, a stronger understanding of personal strengths and the confidence to pursue promotion and take on new leadership responsibilities.

- **Two experienced facilitators:** complementary perspectives from experienced coaches and senior leaders.
- **Personalised development:** insight into individual strengths, preferences and emotional intelligence.
- **Coaching at the heart:** space to explore personal challenges, receive constructive challenge and identify meaningful action.
- **A supportive peer community:** connection with other women navigating similar opportunities and challenges.
- **Learning that goes beyond the workshop:** ongoing reflection, coaching and application throughout the year.

Elevate Her can be explored as a sponsored programme for individual participants or as a dedicated organisational cohort.

We can tailor the final design to reflects the needs of the cohort.

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"I had the pleasure of working with Gemma and Lisa through the development and delivery of a Women in Leadership programme, aimed at aspiring female leaders within our organisation.

The programme Gemma and Lisa designed was thorough, insightful and thought provoking, and incorporated tangible outcomes for both the participants and the organisation.

The programme was designed to ensure continual support and development with one to one coaching and mentoring opportunities for all participants in between delivered sessions, which kept momentum and engagement going.

All the participants came away from the programme with a more positive view of themselves, their value and their abilities - even those who may have been a bit sceptical at the start! Thank you both for all the time and effort you put into making this programme a success!"

Lorraine Duckett, Head of HR & Organisational Development

Confetti College (part of Nottingham Trent University)

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Testimonials

Lisa and Gemma are fantastic! I'm a much more confident, strong, and open leader now than when I started the course. I'd advise any woman who wants to unleash their potential to take part in this course.

★★★★★

During my mentor and coaching sessions, it has been great to reflect on what is my current situation and what can I do to be moving in a direction that works for me. It's been invaluable to have unwavering support, to be encouraged to reflect more and that maybe what I think is a weakness to be worked on just needs to be looked at through a different lens!

★★★★★

I've found the coaching and mentoring sessions incredibly helpful for my own personal growth. Not only have these one-to-one sessions helped me to understand more about myself and my own working habits, they have also helped me to put coping mechanisms in place to help me work through problems and issues.

★★★★★

The coaching sessions have been very positive but have challenged me to look at my strengths, and areas that need some improvement; not always easy but which definitely helped to build my confidence. The biggest impact for me has been that I had the confidence to apply for and achieve a promotion.

★★★★★

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MEET THE TEAM



GEMMA HOGAN LISA ALLDEN

We are both experienced accredited coaches who undertake regular continuing professional development and professional coaching supervision. Our coaching practice is guided by the Association for Coaching's Global Code of Ethics.

Collectively, we bring:

- Significant senior leadership experience across multiple sectors,
- Extensive experience supporting senior leaders and high-potential talent
- Executive and leadership coaching expertise
- Experience designing and facilitating leadership development programmes focused on progression, confidence and leadership effectiveness

HER NEXT CHAPTER COULD SHAPE YOUR ORGANISATION'S FUTURE...

Ready to invest in your next generation of female leaders?

Let's talk about your organisation's ambitions, the women you want to develop and how Elevate Her can help turn their potential into impact.

Start the conversation today.



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