



Women's Leadership Experience™

Program Summary October 2020 – March 2021

Overview

The Women's Leadership Experience™ (WLE) is a dynamic professional development program designed for women in the workplace who want to connect to themselves as authentic leaders who feel confident and balanced as they care for themselves while leading others. It is designed for women who are leaders within their organization who are interested in continuing to develop their leadership skills for both current and future roles. Instructors for this program are Alicia Davis, PCC and Stacie Watson, CPC. Alicia and Stacie are owners/partners of Transformative Leadership Strategies (TLS), a leadership development and coaching organization focused on supporting leaders and teams.

Purpose

The goal of the program is to support leadership development for women leaders working in organizations that are focused on helping others. The program will support women in learning to recognize and address fear, self-doubt, and imposter syndrome. Focus will be placed on developing executive presence and confidence. Using a 'coaching approach', instructors will create a safe environment where feedback can be shared and received. Participants will develop strong interpersonal connections among group members, providing a key external support system. Ultimately, participants will be able to apply new skills, strategies and techniques in their work within their organizations as well as with their clients.

The WLE Coaching Program summary:

The 6-month program includes 20 hours of direct support for all participants. Focus will be on strengthening the qualities required to be an effective leader. Exploration will focus on three key skill areas of leadership: Confidence, Balance and Authentic Leadership. Open dialogue will include areas of challenge, self-management skills and effective communication. Key components of the program are outlined below:

- **Group Coaching:** Group Coaching sessions are designed for adult learners and facilitated experientially via a virtual platform (Zoom). The program includes a 3-hour initial session and four 2.5-hour sessions held monthly. It concludes with a 3-hour final integrating session.
- **Individual Coaching:** Participants will receive 4-hours of Individual Coaching delivered virtually and designed to assist participants in applying the skills, tools and techniques learned in the group sessions.
- **Experience Sheets™:** These customized worksheets are designed to deepen skill development and application between sessions.
- **Online Learning Portal:** Participants will have easy access to program materials including audio/video files, group session recordings, Experience Sheets™, PowerPoints and other resources.
- **Email Q&A:** Participants will have ongoing support with coaches as needed between sessions.
- **Women's Leadership Experience Leadership Certificate:** Participants will receive a Women's Leadership Experience Certificate to commemorate successful completion of the program.

This program has been approved by NASW/CT for 16 continuing education credits.



Program Investment: \$1,800 for 6-month program

Investment includes: 16-hours Group Coaching; 4-hours Individual Coaching; 24/7 Web Portal access; Email access to coaches as needed

Registration Process:

Interested individuals will register via the Women’s Consortium website www.womensconsortium.org. Once registered, participants will receive an intake form to complete prior to the program’s start. Please note there will be no more than 20 participants included in this program.

WLE Program Schedule:

	OCT 2020	NOV	DEC	JAN 2021	FEB	MAR
WLE - Sessions	Program Launch	Group #1 1:1 Coaching	Group #2 1:1 Coaching	Group #3 1:1 Coaching	Group #4 1:1 Coaching	Program Close
Dates/Times	10/6	11/3	12/1	1/5	2/2	3/2
1st Tuesday of Month	9:00am-12:00pm	9:00-11:30am	9:00-11:30am	9:00-11:30am	9:00-11:30am	9:00am-12:00pm

Facilitators:

Alicia Davis, PCC, is a Professional Certified Coach, former CT Licensed Massage Therapist and owner/partner in the coaching firm Transformative Leadership Strategies. She brings over 30 years of leadership development experience in the fields of holistic healthcare, social services and behavioral health non-profits, insurance, engineering and corporate settings. She creates dynamic coaching and teambuilding experiences for leaders at all levels of an organization that address challenges such as organizational culture, team alignment, change management, communication and high stress. Alicia offers a unique Core Energy™ coaching approach to individuals, executives, teams and boards who are looking to achieve exceptional results.

Stacie Watson, CPC, is a Certified Professional Coach, a Licensed Marriage and Family Therapist and an owner/partner in Transformative Leadership Strategies, a firm that specializes in supporting management transformation through coaching and experiential learning. Stacie brings three decades of experience supporting leaders in a behavioral health, Employee Assistance Programs, and medical health insurance organizations. In her various roles, Stacie has been responsible for working with leaders and teams as they navigate significant change – focusing on issues such as organizational design, aligning culture, effective communication, and sustainable results. She also works closely with organizations who wish to address and improve culture and employee engagement.

For Additional Information: Contact Shannon Perkins at isperkins@womensconsortium.org or Alicia or Stacie at info@TLStransforms.com.