

**Overview**

The Women's Leadership Experience™ (WLE) is a dynamic professional development program designed for women leaders who want to build confidence, explore the idea of 'balance', and better understand their own leadership style. It is designed for women who are leaders within their organization and are interested in continuing to develop their leadership skills for both current and future roles. WLE was designed and developed by Transformative Leadership Strategies (TLS) owners Alicia Davis, PCC and Stacie Watson, CPC and is facilitated by certified coaches. TLS is a leadership development and coaching organization focused on supporting leaders and teams.

Purpose

The program will support women in learning to recognize and address fear and self-doubt with a focus placed on developing confidence and executive presence. Using a 'coaching approach', instructors will create a safe environment where feedback can be shared and received through experiential learning. 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 real-time, whether working with executive leadership, staff, and/or clients.

Features

The 6-month program includes 22 hours of direct support for all participants. Focus will be on strengthening many of 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 six, 3-hour group sessions, facilitated monthly by two certified, executive leadership coaches.
- **Individual Coaching:** Participants each receive 4-hours of Individual Coaching delivered virtually and designed to assist 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 is approved by NASW/CT for 18 continuing education credits.

Curriculum

<p>Module 1 Confidence: Part I</p> <p>Begin your journey by diving into the topic of Confidence. Learn how Presence and Core Values can provide key supports.</p>	<p>Module 2 Confidence: Part 2</p> <p>Continue to explore Confidence through the concepts of Collaboration, Knowledge, and Belief in Yourself.</p>	<p>Module 3 Confidence: Part 3</p> <p>Complete your Confidence journey through learning strategies for Risk Taking, Speaking Up and Resilience.</p>
<p>Module 4 Balance</p> <p>Explore 'your' meaning of Balance. Discover approaches and techniques that can support a greater sense of Balance.</p>	<p>Module 5 Authentic Leadership</p> <p>Create your definition of Authentic Leadership. Celebrate your strengths and identify areas for growth as a leader.</p>	<p>Module 6 Celebrate the Journey</p> <p>Reflect on insights. Create your Personal Leadership Statement and your Personal Action Plan for continued growth.</p>

Investment: \$1,995 for the complete 6-month program

Investment includes: 18-hours Group Coaching; 4-hours Individual Coaching; 24/7 Web Portal access; Email access to coaches as needed

Schedule

	APRIL 2022	MAY	JUN	JUL	AUG	SEP
WLE - Sessions	Module #1	Module #2 1:1 Coaching	Module #3 1:1 Coaching	Module #4 1:1 Coaching	Module #5 1:1 Coaching	Module #6
Cohort (3rd Thu of Month)	4/21	5/19	6/16	7/21	8/18	9/15
Times	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm

“Know what sparks the light in you. Then use that light to illuminate the world.”
~ Oprah Winfrey

Registration

Interested individuals will register via the TLS Website (www.TLStransforms.com).

Participants will have the option to choose the cohort in which they prefer to be enrolled. TLS will make every effort to accommodate placement as requested, however choice is not 100% guaranteed.

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 each WLE cohort.

Facilitators

Alicia Davis, PCC, brings over 30 years of wellbeing and leadership development experience in a variety of fields including: holistic healthcare, non-profits, insurance, engineering and corporate. 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's clients include leaders who want to improve team performance, employee engagement and retention; staff who want to prevent compassion fatigue and burnout and improve well-being; service providers who are looking to elevate the quality of client care; and individuals who want to create a more balanced lifestyle.

Stacie Watson, CPC, brings three decades of experience supporting leaders and teams from a variety of organizations, ranging from large, multi-national corporations to locally-based nonprofits. She began her career as a therapist, working with individuals, couples and families in a private practice setting. Her work shifted to the Employee Assistance Program (EAP) field, where she began to recognize and appreciate the connection between emotional health, employee engagement and effective leadership.

Stacie worked for almost two decades as a Healthcare Executive, focusing on issues such as change management and integration. Her most recent chapter includes launching TLS and supporting individuals, teams and organizations as a Leadership / Executive Coach.

Alicia and Stacie are owners/partners in Transformative Leadership Strategies.

Bios of additional WLE facilitators may be found at www.TLStransforms.com.

For Additional Information: Contact Alicia Davis or Stacie Watson at info@TLStransforms.com.



“Enlightening, empowering, uplifting!”

“I was initially hesitant about joining this group as I was doubtful that I'd feel comfortable sharing my leadership and work challenges in front of strangers. I could not have been more mistaken. Alicia and Stacie, through their complete authenticity, created an environment of safety, sharing, and empowerment. Our group quickly came to care for, and support, one another as we explored together what we can grow to be and what holds us back from those goals. It was a magical alchemy created by Alicia and Stacie for which I will be forever grateful. I highly recommend this group to any woman seeking personal and professional exploration and growth.”

“I feel as if I've been woven together; really getting clearer on my 'WHY'.”

“It is incredibly difficult to put into brief words how incredible Alicia, Stacie, and the Women's Leadership Experience truly is. There is not a single moment from our months together that I would change. With the perfect mix of lecture, discussion, and experiential practice there is something for every woman. Individual and group sessions allow you to share at your own comfort level, while connecting with other women leaders about their own experiences. I cannot recommend this program enough for anyone looking to slow down, look inward, and become a better leader.”

“I am now more aware of my leadership style and how that style impacts my ability to connect with my staff to support them in their work.”

Stacie & Alicia**Certified professional coaches, passionate about empowering women!**

“Alicia and Stacie masterfully create a safe space to be vulnerable and explore. Their sincerity, focus and belief in the mission creates an amazing experience.”

“Alicia and Stacie are fantastic! They have really great synergy and the perfect "vibration" for the work. I really appreciate their way of being during the individual and group coaching sessions - it really helped to reinforce the concepts.”

“Extremely engaging. Always made the sessions a safe space for exploring and sharing.”