



# Women and Leadership

## in a Complex, Global, Networked World

*“What would you do if you weren't afraid?”*

Sheryl Sandberg

**Be the leader you want to be!**

**a 2-day workshop with Hetty Einzig & Liz Rivers**

The next stage in leadership development is for women to not just attain senior positions, but to succeed on their own terms. When women stop emulating conventional stereotypes of leadership and start becoming themselves, everyone will benefit.

### Do these comments sound familiar?

- 🕒 I know I'm good at my work, but I don't feel confident inside
- 🕒 I don't know how to achieve on my own terms, rather than being an 'alpha female'
- 🕒 It is important to me to feel a sense of purpose at work, not just reach my targets
- 🕒 I want to be heard, taken seriously, and get credit for the results
- 🕒 I want a great work life that doesn't take away from my home and family
- 🕒 I'm worried my team doesn't respect me – am I too nice, or too tough?!

This 2-day workshop will offer fresh insights, new skills, and the space to explore your hopes, strengths and challenges with other women leaders.

### Is this for me?

You are leading an SME or a department in a large company, professional services firm, public sector organisation or NGO – or stepping up into a leadership role.

### Topics we will cover:

- 🕒 Speaking up: be courageous and compelling
- 🕒 How to build and maintain inner self belief
- 🕒 Clarify your purpose and engage others in your vision
- 🕒 Authenticity: be the best version of yourself not a pale imitation of someone else
- 🕒 Assertiveness and conflict resolution skills
- 🕒 Powerful listening: build understanding and mutual trust
- 🕒 Manage your energy and create balance in your life

### How we will work:

Discussion, dialogue, exercises and reflection. We will also work on *embodying* the learning so it becomes part of your “muscle memory”, leading to sustained change in behaviour, not just great ideas that can often evaporate under pressure. We will draw on insights from neuroscience and Leadership Embodiment to create lasting change, real courage and deep power, rather than the bravado with which many of us get by.



## Women who have worked with us have:

- got the jobs they've aimed for
- strengthened their self confidence
- built high performing teams
- become assured public speakers
- resolved conflicts in their organisations
- become role models for others
- learnt to speak up and be heard
- optimised their EQ
- built peer support networks
- improved their work-life balance

*"really helped me with my gravitas as a leader and my ability to get my message across in a powerful way - both practical and very motivating"*

## Our vision

We need a new kind of leadership. Business and society are at a turning point: away from the old industrial, 'command and control' models towards interdependent models of collaboration and complexity. Women are ideally placed to take a lead in this movement and benefit from coming together and supporting each other on the journey.

## Who we are

**Hetty Einzig** has been coaching leaders in private, public and corporate sectors globally for over 20 years. She worked alongside John Whitmore to design the leading edge Transpersonal Coach Training and delivers leadership programmes around the world, combining her background in languages, transpersonal psychology, psychoanalytic and systemic approaches. Hetty is a founder member of *Be The Change*, and is currently facilitating a leadership programme for young women leaders from North Africa. She is also the editor of the AC Global Bulletin.



**Hetty  
Einzig**

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**Liz Rivers** specialises in coaching women leaders. A former City lawyer, and a highly experienced commercial mediator, she knows about the challenges of being a woman in a man's world. She combines over 25 years business experience with a profound understanding of psychology and human behaviour, drawn from her immersion in psychotherapy, mindfulness, Leadership Embodiment and eco-psychology. Liz is active in the global Earth Law movement.



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## Where and when

Venue: Matrix Chambers, Grays Inn, London WC1

**Mon - Tues 11<sup>th</sup>-12<sup>th</sup> May 2015**

**£650**+VAT (limited concessions available)

## Are you interested?

Contact us individually as above, or both via

[www.hettyeinzig.co.uk/women-leadership](http://www.hettyeinzig.co.uk/women-leadership)