



Kāpuhipuhi
Wellington Uni
Professional

ASPIRE – Women's Leadership Development Programme



Eight half-day workshops over four months
Mondays, 9.15am to 1pm

Pipitea Campus, Rutherford House,
23 Lambton Quay, Wellington

Fee (exc GST): \$3,595

Diversity at the top leadership table correlates positively with better organisational performance, so why are more women not in senior leadership roles?

The under representation of women in senior leadership is a challenge that exists worldwide. In response, many organisations are implementing targeted initiatives to develop their women leaders and address the particular obstacles faced by women in the workplace.

The Aspire programme recognises the differences for women in their path towards the top table. It focuses on areas most likely to hold women back and supports them to develop new skills and tools allowing them to address internal and external barriers head-on.

Aspire enables current and potential women leaders to move into the driving seat of their leadership journey, less constrained by unhelpful limiting beliefs and more aware of their potential. Equipped with new knowledge and skills, they can then make deliberate choices about how they lead their lives, and the difference they want to make through their leadership.

By the end of the programme, you will stand more confidently in your own space as a leader and have a solid platform for your career progression. You will have increased clarity of purpose, and greater impact and effectiveness as a leader. And, crucially, you will have a network of like-minded women to offer continued support. Your organisation will gain a more confident, resilient, focused and effective leader.

Michele Obama in her recent memoir "Becoming" issued a challenge: Who are we and who do we want to become? "There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice."

Our programme creates a space for women to explore their unique story and begin writing the next chapter.

Benefits for you:

- increased confidence in who you are as a leader and the value of your contribution
- increased clarity of purpose and intent
- greater influence, impact and profile
- better relationships with your colleagues
- improved wellbeing and resilience
- enhanced career prospects.

Presenters:



Karen Waitt

Facilitator, coach, leadership development, teamwork, dealing with conflict, change management
More about Karen



Trish Lui

Facilitator, coach, leadership, cross-cultural effectiveness, leading, culturally diverse teams
More about Trish



Melanie Beirne

Facilitator, coach, leadership, strength development, building high-performing leaders
More about Melanie

Benefits for your organisation:

- increased productivity through improved staff engagement
- increase in credible female applicants for leadership roles
- increased number of female leaders as role models
- greater diversity in the leadership team, contributing to improved decision-making
- healthier group dynamic in leadership team
- improved organisation culture

Who should attend:

Any woman who aspires to lead in any capacity would benefit from this programme. It is relevant for women in public, private and NGO organisations.

Course programme:

Session 1 – Who Am I? Self-awareness and thinking about life and career.

Session 2 – Who Am I At Work? What's my impact in the workplace?

Session 3 – Mindset of a Leader, Growth mindset, limiting self-talk, reframing.

Session 4 – Power and Influence. How to increase impact and get noticed.

Session 5 – Growth Conversations. Coaching and career development.

Session 6 – Tricky Conversations. Assertiveness and a collaborative approach.

Session 7 – Resilience and Personal Change. The difference between pressure and stress. Becoming more emotionally resilient when facing difficulties.

Session 8 – What Now? Strategies for continuing to grow, develop and make our unique contribution.

Course Format:

The Aspire programme is delivered through eight half-day workshops held on Monday mornings over four months. The format will consist of pre-work, theory, guest speakers, peer learning, practical exercises and career advice. The programme will be based on action learning principles.

There will be up to 18 participants per programme.

Testimonials:

"The Aspire course gave me a huge confidence boost and understanding of leadership, especially for women in the workplace. It was inclusive, engaging and enjoyable - and I now have a great toolkit to up my leadership game."

Susie Ferguson – Broadcaster and Journalist, RNZ

For full course information and to enrol visit
<https://wellingtonuni-professional.nz/programme-aspire-womens-leadership-development/> or call 04 463 6556
or email profdev@vuw.ac.nz