



# You, In Focus

## 1 Getting started

As we get to know each other we will get to know ourselves more too. Here we are developing connectedness with a group of women who will encourage you, challenge you and be beside you every step of this journey. As a leader, your ability to connect with others, build a community, and create a support network for yourself is critical to your success. And that success starts now: Your time with other women on this journey will fast-track your progress and deepen your learning.



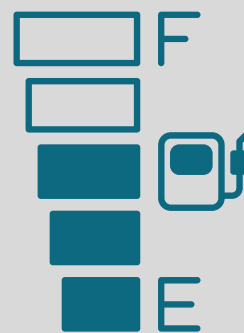
## 2 Strengths & values



We will use a couple of tools to help us work this out so that you can start living your life in clear alignment. You know that person at work who shines so brightly, their confidence is so high, people are drawn towards what they have to offer, and they absolutely know their value to the team? You know it's not always easy for them, but they know where to get the best out of themselves. This is because they are in a role that allows them to thrive in their strengths and values.

## 3 Energy fuel tanks

This is when we work out what fills you up and what drains you – we will look at different parts of your life such as work, home, relationships, hobbies, interests etc. 24 hours in a day, 7 days in a week. That's 168 hours – where does yours get spent? How much of it is dedicated just to you and feeling energised? With this in your toolkit, you can check in with your energy levels at any time, and know what to do to change them.



## 4 Understanding conflict



Here we explore one of our biggest topics, conflict styles – Perhaps one of your team members has been having a tough time and they're under-performing. You know you have to have a difficult conversation with them but don't know where to even start preparing... Here, we will look at why conflict is helpful, what it's like when it's not and understand different models to navigate your way through difficult conversations

## 5 Your truth

The final step is our most heart racing one of all - this is the time when we find ways to describe who we really are. By pulling together what we know from before the programme, and all the gems and insights that we've found since the start, Step 5 is your chance to shine. You will know, and own, your truth. You will cheerlead other women around you with their truths. And you will have the confidence to show your real self at work. No more hiding behind a mask, no more being someone else's idea of 'professional'.

