

# CHOOSE TO LEAD

Unleash Your Leadership Potential with the **Women in Leadership Accelerator Programme.**

## Programme Outcomes

- Influential and impactful leader
- Understanding the challenges of gender barriers
- Assess personal leadership strengths and areas for growth
- Ability to navigate the business environment



YOUR PARTNER IN TRAINING SOLUTIONS AND TALENT DEVELOPMENT.



**MANCOSA**  
Member of  
HONORIS UNITED UNIVERSITIES

**Corporate  
Training Solutions**





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## Empowering Women to Lead with Impact

This 6-week intensive programme is your opportunity to step confidently into executive leadership. Designed for women in middle to senior management, high-potential leaders, entrepreneurs, and professionals across industries, this programme equips you to lead with impact while overcoming systemic challenges like gender bias.



Duration

6 Weeks (Can be customised)



Contact us to enrol:

trainingsolutions@mancosa.co.za / mancosa.co.za/trainingsolutions

HOW YOU'LL GROW

## Your Leadership Toolkit:

**Interactive Workshops**

**Masterclass Sessions**

**Collaborative Coaching**



**Assessments**

*Simulation Activities, Case Studies and Knowledge Check Activities*



MODULES

## Learning Outcomes



### Transformational Leadership: Bridging the Gender Barrier

- Define transformational leadership and its key characteristics.
- Analyze the impact of these barriers on organizational effectiveness and diversity.
- Develop strategies to promote gender equality in leadership roles.
- Assess the benefits of inclusive leadership for team performance and innovation.
- Reflect on personal leadership styles and identify areas for improvement.



### Leading a high-performance team

- Develop leaders with improved decision-making, problem-solving, and strategic thinking skills
- Enhance communication and collaboration among team members
- Boost team efficiency through effective delegation, time management, and goal alignment
- Equip team members with tools for stress management and foster a resilient team culture



### Resilience in the 21st Century

- Develop the ability to authentically express their thoughts, emotions, and vulnerabilities in a constructive manner.
- Cultivate the courage to be true to themselves, fostering genuine connections and relationships based on trust and authenticity.
- Embrace your unique strengths and qualities, allowing you to navigate challenges with resilience and integrity while staying aligned with their values and beliefs.



### Emotional and Adversity Quotient (AQ and EQ)

- Define Emotional and Adversity Quotients and explain their importance in personal and professional resilience
- Recognize and manage one's own emotions to maintain focus, productivity, and positive interactions
- Apply techniques to increase resilience, adapt to setbacks, and maintain motivation during adversity.
- Use empathy and effective communication to foster supportive relationships and navigate complex social environments.



### Personal Development Journey: Moving Forward

- Demonstrate improved performance in your role, achieving key performance indicators (KPIs) and goals effectively and efficiently
- Improved morale and positive attitudes will contribute to a more collaborative and supportive work environment
- Equip with the skills and mindset needed to navigate change effectively and contribute to the organization's long-term success.

