



EMPOWERING WOMEN IN LEADERSHIP

Women in leadership are working at a senior level whilst also juggling multiple additional responsibilities at work and in their private lives. This often leaves no time to stop and reflect on their journeys, their achievements, how they are feeling and what their career aspirations are.

This programme aims to bring women in similar situations together in a supportive environment for group coaching to build self-confidence, share ideas and support each other to reach their full potential.

It also helps organisations who are committed to supporting women in leadership positions, by assisting them to overcome barriers to growth and empowering them to lead authentically.

What does this course consist of?

- 3 x 2 hour group coaching sessions - Max. 6 people per group
- Access to a supportive community network via WhatsApp including
- members of the group where they can share, grow and encourage each other in between coaching sessions
- Opportunity for additional 1-2-1 coaching (charged at usual Blend rates)

Why attend this course?

Quote from a previous participant of the course:

"Excellent, open, honest and supportive. Coaching that inspires"

Our coach will help you to identify your goals, your motivation to achieve them and your journey to get there. You will be supported to think about how you work within your organisational culture and how you set boundaries to achieve a better work/life balance.

For more information, please contact : projects@ltdblend.com