



Unlock to Thrive: Unleash your power

The Purposeful leadership programme
for aspiring women leaders

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The Purposeful leadership programme for aspiring women leaders



WHAT:

Two day guided offsite focusing on self development, identifying your true north, take charge of your personal and professional priorities. We also help you discover your authentic self (more you) and how that manifests at work: at home: with yourself. In the two day offsite we will help you unlock your potential and unleash your power.



FOR WHOM:

For whom: Women in their 40s, women who are looking for purpose, women looking to unlock their potential, women who are looking to be a part of the Unlock cohort - peer group.

- ▶ Are you a hard working and driven but have been feeling distracted and disillusioned in the workplace?
- ▶ Are you stuck in a rut and dissatisfied with what you are doing or the pace of growth?
- ▶ Are you fearful of what the future will be like if you step away from your comfort zone?
- ▶ Do you want to be more confident about your personal and professional journey?
- ▶ Are you finding it increasingly hard to find joy in your personal and professional life?
- ▶ Do you feel you are carrying the weight of the world on your shoulders?
- ▶ Are you keen to nurture your strengths and passions? Is personal purpose a thing for you?
- ▶ Do you want to be a positive contributor to your family, your community, your society, your city, the country or the world?
- ▶ If you have said yes to half of the above - then our two day Re-discover and re-charge offsite is for you.

Unlock to Thrive: Unleash your power

The programme:

The two day immersive retreat held in the midst of nature is an opportunity for women to review, renew, find their passions, align it with their priorities and find their own roadmap personal and professional fulfilment. You will learn with expert facilitators, coaches, mental well being and wellness advisors to take charge of the future and become more intentional about your journey.

Discovering your personal purpose.

Identifying your '**Why?**' Refining your niche and personal brand: Skills behaviour and attitude

Living and leading in an uncertain world.

Systemic and challenging norms and behaviours that **hold women back**

Leveraging the leader in you - Conflict + Leader vs Manager

Understanding influence, power politics and building networks

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What you will learn

At the end of the two day retreat you will leave with an understanding of your potential and priorities, internal and external challenges, be equipped with the insights, knowledge, the tools and the support of a peer group network.

You will learn:

- How to navigate in a world in a constant state of flux
- Define your strengths and priorities
- What your leadership style is and how to manage conflict
- How to say 'Yes' to the opportunities coming your way
- The art of saying 'No' in the workplace
- Have the tools and techniques to pursue your own path to leadership
- Have a plan of action to achieve your goals

If you are ready to step out of your comfort zone and empower yourself sign up for the early bird offer on

[www.](http://www.womenleadership@thepurposeroom.org)

Or email womenleadership@thepurposeroom.org

FAQs:

1

How do I apply and what is the selection process?

The programme is open to all women who aspire to be their best self, but specifically for women over 40 - because women are more ready to invest in themselves and take charge of their journey

2

What are the programme dates?

The programme is held twice a year once in February and once in November. We are now finalising the dates for end November 2024

3

How long is the programme? And what can we expect over the 2 days

The programme is 2 days long and conducted over a weekend to enable more working women to participate.

The two day immersive retreat held in the midst of nature. You will learn, unwind, unlearn with expert facilitators, coaches, mental well being and wellness advisors.

The sessions will be interactive and engaging. At the end of the two days you will create a plan of action

You can choose what you would like to do in the evenings. You could unwind, soak in the environment, network, exercise but congregate over a meal.

4

Will I have an opportunity to engage with the rest of the class?

All sessions are highly interactive, some sessions require working in groups and there is engagement with the class on the dedicated Facebook page.

5

What are the learning requirements in order to successfully complete the programme?

Since most participants are self selected the expectation is that they will attend all sessions, complete their Personal Learning Projects (PLP). The programme is structured towards learning and application to real life situations

6

Can there be multiple people from the same organisation on the programme?

Yes, we encourage multiple people from the same organisation, at different levels and different functions

Please write to us if you are interested in running the programme for your organisation, it can be customised to suit audience needs



Unlock to Thrive: Unleash your power

Meet the speakers



JEANNE HALLUM

CEO and President

Booklets are printed materials with four or more pages, containing details about a business, event, product, promotion, etc. They are also known as catalogs or pamphlets, and are usually created to communicate a message to a wide variety of audiences.



ALICIA MOORE

HR Manager

Booklets are printed materials with four or more pages, containing details about a business, event, product, promotion, etc. They are also known as catalogs or pamphlets, and are usually created to communicate a message to a wide variety of audiences.



DEVIN BANKS

Lead Accountant

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THE PURPOSE ROOM