

WOMEN IN LEADERSHIP WORKSHOP | 1

Workshop 1: Building Strengths and Skills

There are many talented women driving the day to day running of businesses and organisations. This is challenging work that demands a lot from those involved and can take its toll on women in leadership or guidance positions. This training has been developed specifically for women, to equip them with the tools and skills required to meet the various challenges that they face. This interactive workshop that will enable you to tease out your pain points and develop skills and strategies to address them. We will cover defining and establishing your place in an organisation. Identifying and leveraging your strengths while building resilience to face adversity and bounce back stronger.

Introduction

Overview of the challenges faced by women in leadership roles.

Importance of leadership skills for women in business and organizations .

Defining and Establishing Your Place in an Organization

Understanding your role and responsibilities

Building your personal brand within the organization

Navigating organizational culture and dynamics

Establishing authority and credibility.

Identifying and Leveraging Your Strengths

Self-assessment to identify personal strengths and areas for improvement.

Techniques for leveraging strengths in leadership roles

Utilizing strengths to influence and inspire others.

Developing a unique leadership style

Building Resilience

Understanding the concept of resilience and its importance in leadership.

Strategies for developing mental and emotional resilience.

Techniques for managing stress and maintaining work life balance.

Learning from setbacks and failures to come back stronger

Addressing Pain Points

Interactive sessions to identify and discuss common challenges

Developing practical solutions and strategies to overcome obstacles

Sharing experiences and learning from peers

Building a supportive network of women leaders



Irish Academy of Public Relations

WORKSHOP STRUCTURE

Part 1

- Introduction
- Defining and Establishing Your Place in an Organization
- Identifying and Leveraging Your Strengths
- Building Resilience
- Addressing Pain Points

Date: 23rd. October, 2024

Time: 2pm - 5pm

Fee: €149

*Discounted Fee: €99

* Fee: €149

Two Workshop Package
€245 for 2 when part 1 and 2 are
booked together

*Discounted Fee: €195

*Discount applies to online bookings made by recipients of our Ezine
The discount code is available at the checkout. Using the code confirms your registration to our ezine.

WOMEN IN LEADERSHIP WORKSHOP | 2



Irish Academy of Public Relations

Workshop 2: Leading Teams

Part 2 of the workshop focuses on the key leadership skills required to motivate and mentor your team. It follows on from part 1 of the workshop and is designed to equip you with the essential skills and knowledge to lead your team with confidence and competence that you acquired in part 1 of your training. Throughout this session, we will explore key aspects of team leadership, including motivating teams, mentoring and coaching, and resolving conflicts.

You will learn proven techniques for motivating your team, setting clear goals, and building a positive team culture. We will delve into the art of mentoring, providing constructive feedback, and supporting your team members' professional growth. Additionally, we will cover effective communication strategies, decision-making processes, and conflict resolution techniques to help you manage and lead your team through any challenges.

Understanding Personality Types

Leveraging the strengths of your team
Managing collaboration between different types

Motivating Teams

Techniques for motivating individuals and teams
Setting and communicating clear goals
Recognizing and rewarding achievements
Building a positive team culture
Encouraging collaboration and team spirit

Coaching and Mentoring

-Differences between mentoring and coaching
Developing mentoring skills

Providing constructive feedback
Supporting team members' professional growth

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Identifying and nurturing talent

Effective Communication

Active listening skills
Clear and concise communication
Adapting communication styles to different team members
Facilitating open and honest discussions

WORKSHOP STRUCTURE

Part 2

- **Personality Types**
- **Motivating Teams**
- **Coaching and Mentoring**
- **Effective Communication**
- **Conflict Resolution**
- **Evaluating Team Performance**

Date: 30th. October, 2024

Time: 2pm - 5pm

Fee: €149

*Discounted Fee: €99

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€245 for 2 when part 1 and 2 are
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