



## ***Positive Leadership for Women*** ***\$295 per person***

### **Objectives**

Despite an over-abundance of career choices in today's world compared to our mothers, women are still not making it to the top of their chosen careers. Out of 190 heads of state, only nine are women; and in parliaments across the world, just 13% are female. Only 20% of leaders in the not for profit sector are female. Women in the top echelons of the corporate sector average 13-15% in first world countries – in fact, data shows that the statistics when it comes to women in leadership have either not moved since 2002 or are decreasing. This workshop assists participants in discovering their success code and how to rework it, using discipline to restructure who we are and what the messages are that we tell ourselves, as well as the women who work with us.

### **Overview**

Lucy Baker guides participants through a journey of self-discovery, revealing how women sabotage their success, what we can learn from men, why females in the workplace will systematically underestimate their abilities and how our internal attitudes create external limits to our future. With topics ranging from the differences between male leadership and female leadership, self-assertion in the workplace, mindfulness, sharpening perception and dealing with the inner saboteur, this workshop is ideal for all women on the path of leadership, with principles applying to both our career and personal lives.

### **Presenter**

Lucy Baker is a leadership trainer who has worked with thousands of women internationally, on an individual and group basis. Empowerment of women and the harnessing and expression of success energy is a passion of hers, and she has been a guest speaker at success and solution-oriented conferences and groups in New York and London since 1996. Hailing from a media background as a senior journalist and columnist focusing on health and personal development, Lucy combines modern peak performance attitudes with cognitive restructuring in a way that changes who we are – not only in how we think of ourselves, but also how we relate to co-workers, family and partners.



## Testimonials

Thank you Lucy for yesterday. I am certainly doing things in a different way which until now I probably didn't have the "guts" to do. I am finally learning to live my own life rather than being everybody's puppet and trying to please everyone else. I am standing up for myself!  
Janine Higgins, Canberra

I just wanted to say thank you for helping us and guiding us. Looking forward to your next visit in New Delhi, do let us know when would be your next workshop and the course content.  
Manpreet Sabharwal, New Delhi, India

I am feeling much calmer now as I face my range of decisions. Just wanted to say thank you so much for being there in my time of need.  
Julia Battersby, London UK

You were great! We had a number of calls telling us how much they enjoyed your contribution to the show. Please stay in touch.  
David Sequeira, ABC 666 2CN host, Canberra

I really like your way of presenting the most advanced philosophy in the simple and friendly manner. Thank you for your message.  
Renate Walker, Madrid, Spain



**SCHEDULE**

9:00-10:30	<b>Module 1: What Top Leaders believe</b> Defining Leadership Leaders vs Managers Differences between Male & Female Leadership Accessing your Leadership Skills Summary
<b>10:30-10:45</b>	<b>Break</b>
10:45-12:00	<b>Module 2: Power Tools for Women</b> Self-Assertion in the Workplace Clear Communication Skills The importance of Relationships How to build a happy team Summary
12:00-1:00	<b>Module 3: Becoming Stress-Resilient</b> Being Flexible in the Face of Change The 3 Expressions of Anger and how to do it differently Creating Discipline around the Hobby of Worry Solving Problems with Cognitive Restructuring Summary
<b>1:00-1:45</b>	<b>Lunch</b>
1:45-3:10	<b>Module 4: Competition &amp; Success</b> The Female Brain and How to Use it for Good Using the Disciplines of Humour & Flexibility Relaxation and Mindfulness Techniques Nutrition, Exercise, and Sleep Summary
<b>3-10-3:25</b>	<b>Break</b>
3:25-4:45	<b>Module 5: The Six Secrets of Positive Psychology</b> Sharpening Perception Pleasure-Enhancement Strategies Dealing with The Inner Saboteur What You Can Change and What You Can't Increasing Workplace Satisfaction Summary
<b>4:45-5:00</b>	<b>Workshop Wrap-Up</b>



*Enrolment Form – Positive Leadership for Women*

Send this form to Acorn: Fax (02) 6217 7001 or e-mail to bookings@acorntraining.com.au

**Venue:** Acorn Training Centre, 74 Townshend St, Phillip, ACT

**Workshop dates:**

**Time:** 9.00 a.m. to 4.45 p.m.

Attendee's name	Email address	Date(of workshop)
1.		
2.		
3.		
4.		
5.		
6.		
<b>Organisation</b>		
<b>Branch/Division</b>		
<b>Address</b>		
<b>Phone #</b>		
<b>Fax #</b>		

**Payment Details**

Total price \$295 x \_\_\_\_\_ attendees = \$ \_\_\_\_\_

**1. Credit Card** (Amex, Diners, Visa, MasterCard)

Name \_\_\_\_\_ Card No \_\_\_\_\_

Expiry date \_\_\_\_\_

**2. Invoice**

Signed off by \_\_\_\_\_ Name \_\_\_\_\_

Email invoice to: \_\_\_\_\_

Terms: Payment is due on or before the day of the workshop. Cancellation is accepted more than seven days prior to the workshop date otherwise another person may be substituted. You have purchased a place on the date shown above; changing your booking to a later day may incur an administrative fee. We suggest you send a substitute if you can't come at the last minute. If you do not wish to receive this information please place remove in the subject line of a return email.