



Women Leading with Impact

Resilience and Strategic Risk-taking

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Get the skills to be more comfortable with strategic risk-taking and become a more resilient manager.

Highlights

- Define and practice the 5 characteristics of resilient leaders.
- Use the 4-part courage formula to take courageous action.
- Learn how to use empathetic language in daily conversations.
- Develop your influencing skills to get things done.

Key Competences

- Strategic risk taking
- Confidence building
- Influencing skills
- Courageous mindsets
- Dealing with negativity
- Empathetic skills

The Right Programme for You

You are a woman in an international management role. You want to boost your career and get that next promotion. This programme gives you the skills you need to manage uncertainty, adapt to tough challenges and influence others.

Middle Managers

Managers



Learn, Practice and Use

- **Enhance** self-awareness and leverage that ability for future challenges
- **Demonstrate** confidence and openness through verbal and non-verbal communication
- **Identify** new strategies to find solutions outside your comfort zone
- **Reframe** uncertainty and work through hesitation to speak up and resolve conflict
- **Know** how you're coming across to others & adapt to make the most effective impact
- **Identify** the 5 tenets of a resilient, strategic, risk-taking mindset
- **Use** the 4 part courage formula to start taking courageous actions
- **Utilize** the power of perception when influencing others
- **Learn** techniques to handle negative emotions in the face of adversity
- **Develop** your own person actions to manage risk and take better decisions
- **Share** your knowledge and challenges with your peers and MCE's highly experienced faculty

Practical Information

Face-to-Face



2 days
€2,295

Includes free membership

All participants get free access to MCE's Women's Leadership Centre including special offers, networking events, exclusive content and more.

Available In-Company

The programme is available as an In-Company solution for your teams. More information at mce.eu/inco

Programme Modules

1

Five Characteristics of Resilient Leaders

- Identify the five tenets of a resilient, strategic, risk-taking mindset
- Apply powerful tools to change negative self-dialogue to effective and empowering language

2

The Elements of Charisma and Your Confidence Brand

- Identify the elements of charisma and its importance in leading with impact
- Use the power of optimism to build morale
- Demonstrate confidence to promote positive perception

3

Creating a Risk-Taking Mindset

- Create a stress-free resource state to stay energized when taking risks
- Identify and implement the steps to become a risk taker
- The importance of self-disclosure in the risk-taking process

4

The Power of Courage

- Understand the psychology of courage
- Use the four-part courage formula to take courageous action
- Use physiology to help create a courageous mindset
- Identify tools to handle challenging conversations

5

The Power of an Empathetic Leader

- Use empathetic language in daily conversation
- Describe the value of empathy in building synergistic work environments
- Strengthen your professional networks in order to be more effective

6

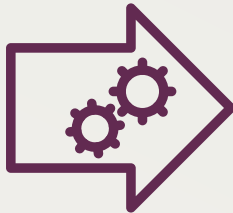
Influence and Inspire

- Utilize the power of perception when influencing others
- Identify strategies to influence others



Learn

the key business skills and knowledge you need for your management role today and tomorrow



Practice

the skills you learn and get feedback, recommendations and coaching



Use

what you learn and practise as soon as you get back to your office

For more information please contact:



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