

Her Invitation: Female Power and Influence

A powerful programme that addresses the factors that can hold women back from progressing within the workplace and empowers them with them the confidence to succeed.

Overview

Our facilitator is the only trainer within the NHS who delivers this course and is accredited by its developers, Her Invitation. This ground breaking programme aims to enable women to have responsible, purposeful and positive influence over their own lives and those around them. As well as being designed to increase your confidence at succeeding in your career, the key skills and strategies learnt during these workshops can be used in all areas of your life, including relationships with partners, friends, family and children.

Apart from the strategies and tips you will learn, this is an excellent opportunity to meet new people. Each group will have women from different areas and different backgrounds, and they'll do different jobs. Challenge yourself to meet new people, move out of your comfort zone and come away with fresh ideas and enthusiasm.

Key Outcomes

- Get your opinions and ideas taken more seriously
- Be heard when you speak
- Effectively articulate what you want and need
- Have more of an impact at work and home
- Eliminate self-doubt and expand comfort zones
- Develop a stronger inner belief
- Embrace positivity with a clear, simple strategy
- Influence the direction of your work and personal life with greater clarity
- Own your own space, make clearer personal boundaries and say 'no' more often



Attend both workshops a couple of months apart to realise the full benefit of the programme. However either workshop would be beneficial on its own.



working in partnership with



Key Points

- Two one-day workshops held six weeks apart
- Our trainer is an experienced clinician able to tailor delivery specifically to a clinical team context
- Contact Enable East on 01206 287543 or email enableeast@enableeast.org.uk



Course Outline

Content of first workshop includes:

- Scoring yourself on how comfortable you feel using the word 'powerful' to describe yourself and what you might look like if you felt more powerful
- Understanding how and where you might be giving your personal and professional power away without realising it
- Recognising 'Little Girl Syndrome': how to ditch any effects this may be having on you as an adult and how to vaccinate your daughters against it
- The value of being positive: how it impacts on your energy, body strength, your career and personal life

Content of second workshop includes:

- Scoring yourself on how comfortable you feel using the word 'influential' to describe yourself and what you might look like if you felt more influential
- Finding your voice: speaking up when you most want to with greater impact, clarity and clout, at work and home
- Owning your space: a secret tool to making a bigger impact and developing the 'pack leader' in you
- Knowing your own value: articulating and recognising what you bring and when - vital in being able to increase your power and influence personally and professionally
- Understanding how to communicate with men more effectively
- Understanding male and female gendered language and the impact it can have on your presence

It really made me think of my actions in certain situations. I had several 'lightbulb moments' during the course and could see how I acted portrayed a less than confident image than I actually am. The simple things like how you sit, do you make the tea, do you fuss over people? Changing it slightly and engaging in discussion in a polite but authoritative manner made such a huge difference. I saw the difference in people's actions immediately. Taking these small steps has also made me more confident.

Course Participant