

Jac Lee Photography

## Authentic Women Leaders Programme

APRIL 2021

In 2020 only 5% of Fortune 100 CEOs were women and there were more Fortune 1500 CEOs called David than women CEOs! In the 21st century so many women still believe they must be smarter, work harder and longer than their male counterparts in the hope of getting noticed or, they believe that to compete in a commercial environment and get the recognition they deserve, they have to grow a pair of (metaphorical) balls.

The Authentic Women Leaders Programme will help you to stand in your own strength, build your confidence and unveil a leadership style that connects with, engages and inspires others.

Our team of (female) expert facilitators have over 100 years of collective experience of developing leaders in multi-nationals, hyper-growth SMEs, universities and not-for profits and know what it takes to lead others in a changing and often chaotic world. They have experienced for themselves how to:

overcome imposter-syndrome; break the glass ceiling; eliminate the habit of trying to be super woman and save the world at your personal expense and what it's like to be on the receiving end of unconscious (and sometimes conscious) bias.

This 7-month highly interactive blended learning programme will increase your self-awareness, give you the tools to achieve your life and business goals without destroy your health and mental well-being, leaving you inspired and energised to furrow your own path.

## WHO IS IT FOR?

Authentic Women Leaders is for women who feel held back (either by their own life limiting scripts or by the behaviours of others) and would like to build their confidence and capability as a leader.

You might be:

- A business or community leader who wants to take your business or cause to the next level.
- A fantastic leader who has a 'superwoman' default and is exhausted by the inability to say 'no.'
- A role model for other women or girls who would like to build your capability whilst nurturing the leadership potential in others.
- A middle or senior manager who wants to develop the tools to break through to the next level in business.
- Someone who struggles with decision making and self-belief and wants to make some significant changes to her life.

## WHAT WILL YOU LEARN?

The 7-month blended learning programme consists of the following modules:

### Pre-Programme Diagnostic Session (online)

You will complete a detailed online diagnostic to understand your authentic leadership style, your personal blocks and then set your programme goals during a pre-programme one hour session with one of our expert team.

#### Session 1

### The Authentic Woman Leader

(Face to face – full day group session)

A highly interactive day at our training venue in Stockport, Cheshire where you'll meet your alumni, be introduced to the delivery team, find out more about yourself and define your leadership journey.

**Facilitators:** Lily Newman and Elizabeth Soehren

#### Session 2

### Who are you...really?

(Face to face – ½ day session)

Who am I? Exploring your self-concept, your values & beliefs and block busting!

**Facilitator:** Elizabeth Soehren

#### Session 3

### Shall we talk about the imposter in the room?

(Face to face – ½ day session)

A fun and informative imposter syndrome workshop addressing: What Imposter Syndrome is; Where it might come from; How to overcome it in 3 simple steps.

**Facilitators:** Ngozi Weller and Dr Obehi Alofoje

#### Session 4

### Time for Iron Underpants!

(90-minute webinar)

Execution is everything! Know your wildly important goals and create an accountability structure to stay focused and on track.

**Facilitator:** Dr Maeve Lankford

#### Session 5

### Making connections and building positive, meaningful relationships in business and in life

(Face to face – ½ day session)

Who are the mood hoovers who drain your confidence? Who are the energisers who fill your cup? How to ditch the former and build your tribe of encouragers to enrich your life.

**Facilitator:** Lily Newman

#### Session 6

### The rules of engagement

### Listen up, speak up and build your confidence

(Face to face – ½ day session)

Take the fear out of speaking and connecting – in any situation.

**Facilitators:** Elizabeth and Lily

#### Session 7

### Managing Your Energy – Removing the cape and resisting the need to save the world!

(90-minute webinar)

Learn the essential resilience and self-care practices to enable you to be your best in any situation.

**Facilitator:** Dr Maeve Lankford

#### Session 8

### Powering up From a Different Source

(Face to face – ½ day session)

Exploring female archetypes and how to lead as a woman.

**Facilitator:** Elizabeth Soehren

#### Session 9

### Going Deeper and Moving on Up!

(Face to face – full day group session)

Focusing on Radical Wellbeing and becoming a Healthy Deviant! Taking your leadership capability to the next level.

**Facilitators:** Lily Newman and Elizabeth Soehren

*"The programme was inspiring, engaging, fun and informative with some extremely thought provoking and practical tips to help us to grow as business leaders. It was absolutely brilliant!"*

Kathy, Founder of Rhythm Time

*"Excellent coaches, delivery and content which challenges and inspires you to reflect and develop."*

Andrea Alexander, Easl Stress

## PROGRAMME VENUE

All of our face-to-face modules will be delivered at our training facility\*:

Riverview House, Vale Road, The Embankment Business Park, Stockport, Cheshire Sk4 3GN

\* Should the challenges of Covid impact our ability to meet face to face, every module is fully convertible and can be delivered online. Riverview House has the strictest Covid protocols to ensure your health and safety on the premises.

## PROGRAMME DATES

Date	Session	Content	Venue	Facilitator
Week commencing <b>12th April</b>	Pre-Programme Diagnostic	One to one	Online - ZOOM	Elizabeth Soehren or Lily Newman
<b>Weds 28th April</b> 9.00a.m. – 4.00p.m.	Session 1	The Authentic Woman Leader	Riverview House	Elizabeth and Lily
<b>Weds 26th May</b> 9.00a.m. – 1.00p.m.	Session 2	Who are you...really?	Riverview House	Elizabeth
<b>Weds 9th June</b> 9.00a.m. – 1.00p.m.	Session 3	Imposter Syndrome	Riverview House	Ngozi Weller and Dr Obehi Alofoje
<b>Thurs 24th June</b> 10.00 – 11.30a.m.	Session 4	Time for Iron Underpants	Webinar - ZOOM	Dr Maeve Lankford
<b>Weds 21st July</b> 9.00a.m.– 1.00p.m.	Session 5	Making Connections	Riverview House	Lily Newman
<b>Thurs 14th Sept</b> 9.00a.m. – 1.00p.m.	Session 6	The Rules of Engagement	Riverview House	Elizabeth and Lily
<b>Weds 29th Sept</b> 10.00a.m. – 11.30a.m.	Session 7	Managing Your Energy	Webinar - Zoom	Dr Maeve Lankford
<b>Weds 27th Oct</b> 9.00a.m. – 1.00p.m.	Session 8	Positive Framing	Riverview House	Elizabeth
<b>Weds 24th Nov</b> 9.00a.m. – 4.00p.m.	Session 9	Going Deeper, Moving Up and Graduation	Riverview House	Lily and Elizabeth

## CATERING AND REFRESHMENTS

- Breakfast (pastries, juice, coffee and tea) will be provided for the ½ day sessions.
- Breakfast and buffet lunch will be provided for the full day sessions.

Please inform our programme manager, Rachel Roberts: [rachel@morganjamesconsulting.co.uk](mailto:rachel@morganjamesconsulting.co.uk) if you have any specific dietary requirements prior to the start of the programme.



## Graduation Conditions

In order for delegates to graduate, each delegate needs to complete a minimum of 7 of the 9 sessions.

## INVESTMENT

The cost of this **7-month programme** per delegate includes:

- Your Authentic Women Leaders Assessment and one to one session.
- The design and delivery of 9 modules to help you to build greater self-awareness, increased confidence and improve your authentic leadership skills.
- The design and provision of all printed materials.
- The provision of a team of highly experienced facilitators to help you on your personal growth journey.
- The provision of an exceptional training venue with breakfast, lunch\* and refreshments provided for each face to face session

Total Cost per delegate:  
**£3,650.00 + VAT**

Early bird booking discount for bookings before  
31st March 2021: **£3,150.00 + VAT**

\*Lunches will be provided only on the days when full workshop days are delivered.  
Breakfast and refreshments will be provided for all face to face sessions.

## OUTCOMES

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This programme will truly help you to recognise your talents, build deep and meaningful connections with your cohort companions, colleagues and friends whilst giving you the insight and awareness to become truly authentic leaders.

As Nelson Mandela said in 2004, we are here to help you to let your own light shine:

*Our deepest fear is not that we are inadequate.*

*Our deepest fear is that we are powerful beyond measure.*

*It is our light, not our darkness, that most frightens us.*

*We ask ourselves: Who am I to be brilliant, gorgeous, talented, and fabulous?*

*Who are you not to be?*

*Your playing small does not serve the world.*

*There is nothing enlightened about shrinking,*

*so that others won't feel insecure around you.*

*We were born to make manifest the glory of God that is within us.*

*It's not just in some of us: it's in everyone.*

*And, as we let our own light shine,*

*we unconsciously give other people permission to do the same.*

*As we are liberated from our fear, our presence automatically liberates others.*

**Nelson Mandela Inaugural Speech, 2004**

## WHAT OTHER CLIENTS SAY ABOUT OUR COURSES

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*"Completing the course this year has been a defining phase of my career and leadership journey. It has challenged me in many ways; introducing new thinking, concepts and ideas into the way I lead people, stakeholders and business performance.*

*The course is delivered in really creative ways to embed learning, but most importantly it is delivered with passion and care for each individual. The one-to-one support in between sessions has been invaluable to me this year and has really helped me to shape the path I want to take in 2021.*

*I would highly recommend it to colleagues, connections and friends."*

Amy Davies – Group Sales Director – Optionis

# Authentic Women Leaders Programme

## REGISTRATION FORM

<b>DELEGATE 1</b> <b>(full name)</b>	
Company and position held (if applicable)	
Contact details (email and mobile)	
<b>DELEGATE 2</b> <b>(full name)</b>	
Company and position held (if applicable)	
Contact details (email and mobile)	
<b>DELEGATE 3</b> <b>(full name)</b>	
Company and position held (if applicable)	
Contact details (email and mobile)	
<b>NAME OF SPONSOR IF APPLICABLE</b> (CEO, MD or company director):	
Contact details (email and mobile)	
<b>NAME AND ADDRESS FOR INVOICING</b>	
<b>COMPANY REGISTRATION NUMBER</b> (if a limited company)	

Please copy this form if you have more than 3 delegates attending from your organisation.

## DECLARATION

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I would like to register the above-named delegates onto the Authentic Women Leaders Programme 2021, run by Morgan James Consulting.

I would prefer to pay for the programme as follows (please tick one):

1. Full payment in advance (invoiced in March and due by 15th April 2021)
2. In two payments (invoiced in March and July 2021)
3. In 7 monthly payments (invoiced from March to September inclusive)

Signed (name of delegate/sponsor/or company director):

Date:

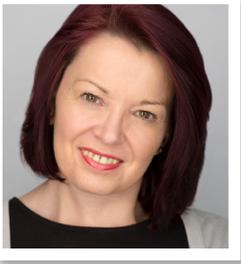
Please complete and scan pages 6 & 7 of this document and return it to:

[Rachel@morganjamesconsulting.co.uk](mailto:Rachel@morganjamesconsulting.co.uk)

Please ensure that you return it by 31st March 2021 if you wish to qualify for the early bird rate of £3,150 + VAT (a discount of £500 from the full rate of £3,650 + VAT)

## OUR DELIVERY TEAM

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### LILY NEWMAN

Behavioural Strategist and MD of Morgan James Consulting

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Lily is passionate about people and loves to, “help them to tear up their life limiting scripts and overcome the blocks that stop them from achieving” An ex-BBC Journalist with a 1st Class Honours degree in Communications (majoring in psychology and corporate communication), she is an accomplished behavioural strategist, leadership coach, and communications consultant.

Lily has a compelling interest in personality profiling and the impact of behavioural preference on personal and team relationships. Her background in behavioural psychology and psychometrics enables her to help her clients to understand and utilise their strengths effectively and overcome their personal challenges. She has worked with some of the world’s top leaders, celebrities, and global businesses (including Anita Roddick, Ranulph Fiennes, Jo Brand, Clive Anderson, BMW, Novartis and Oracle). She has worked with over 3000 business leaders since the launch of Morgan James in 2001.

During her career she has challenged numerous leaders who initially thought that the reason their team or business was under-performing was because of the lack of skill or will amongst their staff. Her ability to probe, challenge and explore deep rooted issues has enabled her clients to: be liberated from their fears; build greater confidence; change career direction; overcome their leadership difficulties, and build engaged, high performing teams who are capable of delivering exceptional business growth.



### ELIZABETH SOEHRN

Programme Director and Behavioural Specialist

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Elizabeth is an organisational development specialist, behavioural specialist and coach with over 30 years of experience helping organisations improve performance through the development of their people and processes. Elizabeth has experience as a business owner who has worked with SMEs and large organisations.

Elizabeth is a highly enthusiastic and energetic individual who enjoys the challenge of strategically assisting clients to grow and develop. She has a strong passion for working with people to enable them to become high performers that deliver business results.

Having a keen interest in psychology and how conversational change can motivate and encourage people to grow, has led Elizabeth to explore and search for effective tools and frameworks to increase awareness, understanding and facilitate change. This passion has led her to become an NLP Trainer qualified in Belbin and MBTI psychometrics. Elizabeth is not afraid to incorporate other development techniques from hypnosis, Huna, Alexander Technique, Aikido and Temperament/Trait Masks in her work. Elizabeth is a founding member of the International Network for Human-Linguistic Psychology.

## OUR DELIVERY TEAM



### DR MAEVE LANKFORD

Senior Associate

Maeve has over 25 years' experience of working in human potential and development, mostly in Higher Education where she both commissioned and lead leadership development programmes for all categories of staff from porter to President. Maeve is a hugely experienced and highly regarded motivational speaker, workshop leader, facilitator and coach.

Maeve's signature strengths include leadership and team development, resilience and equality. Having set up her own consultancy in 2015, she has hugely enhanced her own capabilities around self-leadership and self-mastery, themes she now includes in many of her workshops. She believes in making her workshops experiential opportunities for development and growth, knowing that we learn best through experience and that knowledge is most relevant when it is applied, embodied and lived. Maeve is particularly passionate about supporting and challenging women to realise their full potential. In this capacity she was a key member of the team who deliver the Aurora Women in Leadership programme in the higher education sector in the UK and Ireland: almost 6,000 women have completed Aurora in the past 6 years.

As a Life Mastery Consultant, Maeve is proud to also offer a number of proprietary coaching programmes to support clients in developing mastery in all aspects of their personal and professional lives. Programmes include Dream Builder, the 6-month Life Mastery Programme and a four-week programme based on the Hero's Journey.



### NGOZI WELLER

Women's Wellness Associate

Ngozi Weller is a management training consultant and productivity and work-life balance coach. She teaches ambitious women how to set winning goals and build a life that works for them and their families.

Having worked for over 15 years in the world of Big Oil, Ngozi has experienced first-hand how challenging the corporate world can be. Having started her business following her own battle with depression and anxiety, she has a keen understanding of exactly how pervasive mental health and wellbeing disorders can be. This led her to set up Aurora with her psychologist cousin Obehi to empower others to lead healthy and fulfilling lives.

When she's not doling out advice, she can be found sitting mute on the sofa watching tv with her husband or refereeing fights between her two kids. She is an avid cook and a lover of music, singing weekly in her church choir.

## OUR DELIVERY TEAM



**DR. OBEHI ALOFOJE**  
Women's Wellness Associate

Obehi Alofoje is a qualified psychologist and peak performance coach who works with high-achieving women who can't figure out how to stop procrastinating. She has worked with over 600 clients to help them overcome self-sabotaging and unhelpful mindset and behaviours. She teaches people simple productivity and work-life balance strategies to get things done, so that they can live their best lives.

Following the trauma of three family bereavements, as well as professional burnout, Obehi uses her psychology and coaching skills in a purposeful way to help people build the inner resilience that could enable them to ride through any adversity. She believes that everybody has the right to a fulfilling life, where they realise their own potential, can work productively, and make a positive contribution to their community.

When she's not helping people run their world, she's travelling the world, one corner at a time, sampling mouthfuls of yummy local cuisines.

## ANY OTHER QUESTIONS?

To find out more about this programme and others designed and delivered by Morgan James Consulting, check out our website: [www.morganjamesconsulting.co.uk](http://www.morganjamesconsulting.co.uk), email [Lily@morganjamesconsulting.co.uk](mailto:Lily@morganjamesconsulting.co.uk) or call us on 01606 883383.

We're looking forward to working with you in 2021.

Kind regards

*Lily Newman*

Managing Director  
Morgan James Consulting

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“Don't ask what the world needs.  
Ask what makes you come alive, and go do it.  
Because what the world needs is people who  
have come alive.”

Howard Thurman