

THE CONFIDENT WOMAN DIRECTOR

FEMALE BUSINESS LEADERS

A CPD ACCREDITED PROGRAMME



**IN TOUCH
NETWORKS**

Transforming the way businesses
recruit and people develop

PROGRAMME OVERVIEW



Tailored to meet the needs of high-achieving women, this unique programme enables you and other C-Suite female executives to grow and capitalise on your full potential. It provides insight on how to successfully navigate the board dynamics of today's competitive environment and explores ways to effectively govern as a corporate or independent director. Designed to help female business leaders hold the board accountable at the highest level, this programme also serves as a valuable platform and networking opportunity for women in business. Participants will explore topics of boardroom diversity, resilience, and empowerment among accomplished peers.

Take Your Knowledge and Skills to the Next Level

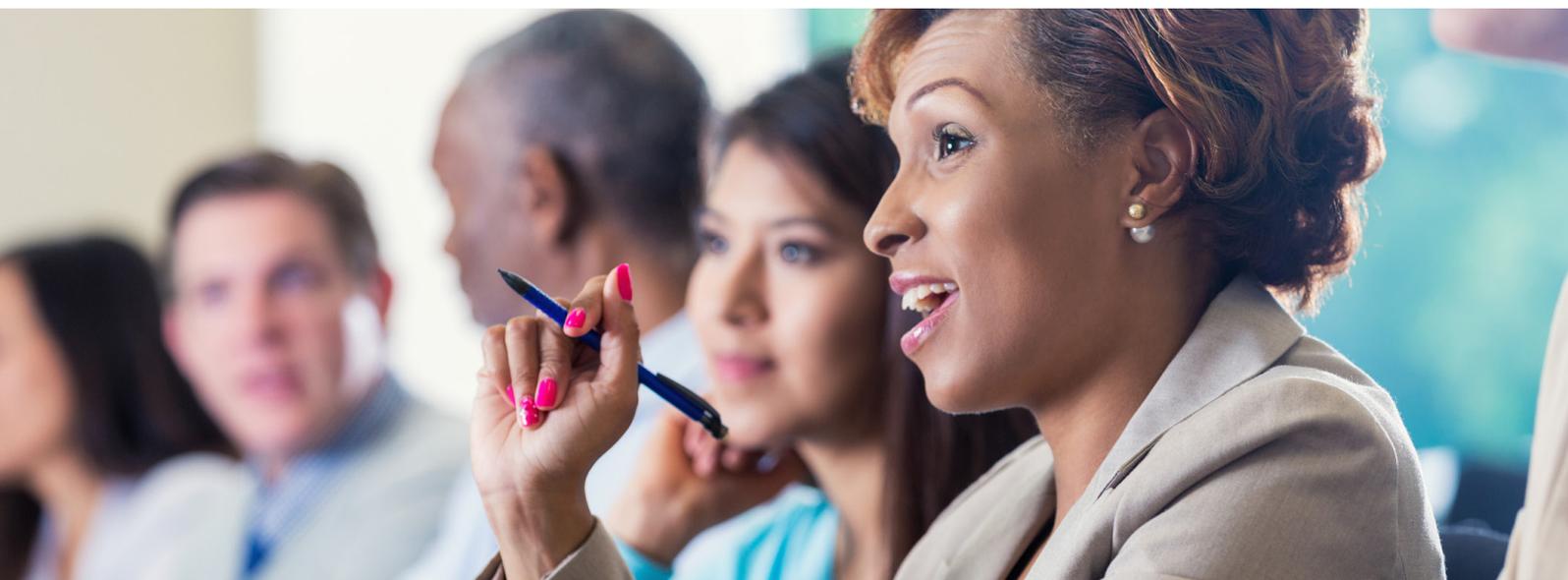
Achieving and holding your place on a board means having the knowledge, skills, leadership, and attitudes that boards are seeking. As you interact with accomplished facilitators, executive professionals, and senior executives you will gain valuable exclusive insight into:

- How to communicate effectively in a board room setting
- Best practices of high-functioning boards
- Priority issues for boardroom agendas

PROGRAMME OUTLINE

Five carefully crafted webinars provide you with important knowledge and actionable insight tailored to women directors:

- The challenges women leaders face today
- How to influence at a business strategy level
- What it takes to manage yourself in high-stake situations
- Crucial behaviours to implement in order to have impact and reduce anxiety
- The importance of working with and evaluating the CEO with optimal success and best results
- How to build emotional resilience and intelligence
- The value and process of raising your profile
- Ways of speaking out and being assertive with clarity and confidence
- Techniques for communicating effectively with diverse stakeholders
- Benefits of adapting well to change and not lose momentum in the face of adversity
- Skills for managing work and personal life balance and pressures





OBJECTIVES

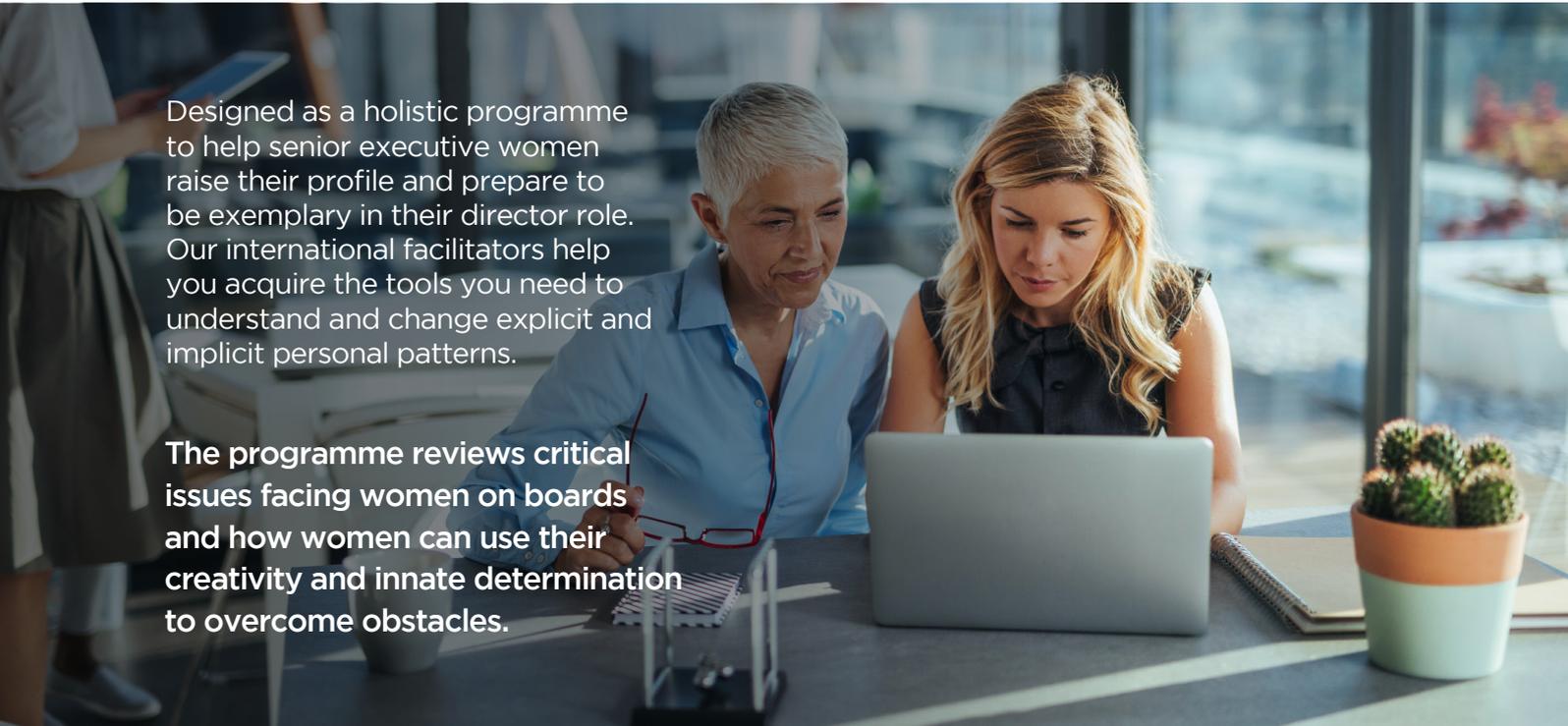
This programme prepares you to:

- Raise your profile among directors, founders, funders, and other stakeholders
- Recover from difficult situations more quickly, effectively, and with better results
- Build positive relationships between board members, employer and employees in order to increase board engagement, motivation, and commitment to their work
- Tap into and build your own influential network of highly successful women

KEY BENEFITS & MAIN ACHIEVABLE RESULTS

- Men have their “good old boys” network - women often deprioritise this. Establish a powerful network of committed and likeminded women
- Understand today’s boardroom landscape and what aspects you have the most power and control over
- Breakthrough internal and external obstacles and challenges that the boardroom role can bring
- Learn concrete strategies to manage emotions and reactions in difficult situations in order to bounce back faster from setbacks and develop greater resilience
- Gain new insight into and strategies for assertive communication

WHAT PARTICIPANTS SHOULD EXPECT

A photograph of two women sitting at a table in a modern office setting. The woman on the left has short grey hair and is wearing a light blue button-down shirt. The woman on the right has long blonde hair and is wearing a dark sleeveless top. They are both looking at a laptop screen. On the table, there is a small potted cactus in a two-toned pot (orange and teal), a notebook, and a pair of glasses. In the background, another person is partially visible, holding a tablet.

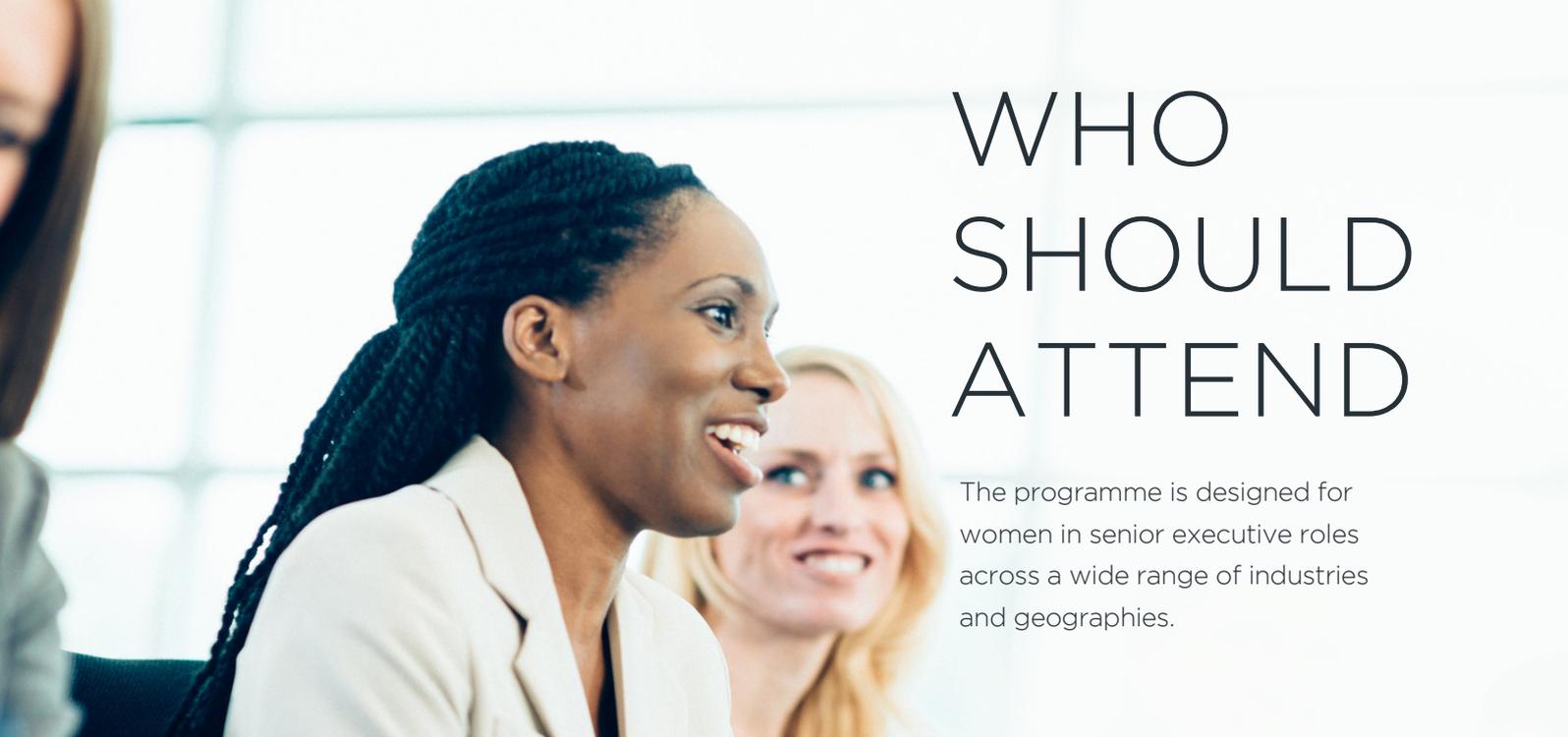
Designed as a holistic programme to help senior executive women raise their profile and prepare to be exemplary in their director role. Our international facilitators help you acquire the tools you need to understand and change explicit and implicit personal patterns.

The programme reviews critical issues facing women on boards and how women can use their creativity and innate determination to overcome obstacles.

Through case study analysis, panel discussions and presentations, the programme provides the background knowledge you need to become an effective, confident, and competent board member. Benefit from unique opportunities to share experiences with other members, share what has worked and what to avoid. Additionally, make lasting connections and expand your network.

Each webinar is followed by carefully crafted assignments that all participants are expected to complete to keep the momentum going and integrate learning and insight. The programme will provide ongoing resources for participants as they continue their personal development.

This programme is limited to 20 participants and only delivered a few times a year. Early enrolment is encouraged. For all participants to benefit from this programme, In Touch Development expects the full commitment of participants for the duration of the programme. Please check your availability for each webinar before booking your place.



WHO SHOULD ATTEND

The programme is designed for women in senior executive roles across a wide range of industries and geographies.

PRE-REQUISITES Pre-course preparation is a must in order to get the most out of this programme. Be prepared - knowledge is power!



RECORDING THE SESSIONS

We understand that people have busy lives and that sometimes life steps in the way, meaning that you may miss an occasional webinar. The recorded webinars are available to every participant. Once downloaded, you can then review it at your leisure as often as you like.

Please note, recordings are confidential and will only be available to people who are participating in that particular programme. They will be available to download for a month after the original session.

YOUR FACILITATORS

Each In Touch programme is developed and facilitated by widely recognised educators, award-winning business people and best-selling authors. Our facilitators leverage their business expertise, training or field-based research to develop and deliver concepts, tools, and skills that stand the test of time. Our team challenges participants' thinking and enables them to become superior business leaders.

AMANDA CLARKE, MBA, CPBA



Amanda Clarke is Director of Curriculum Development at In Touch Networks. She holds two board positions as a Non-Executive and Chair. She specialises in bringing an independent perspective to the business, along with a broader and external view of matters.

Prior to joining In Touch Networks, Amanda spent 16 years as the Founder & CEO for a North West consultancy business, 5 years as a Consultant and Non-Executive Director, and 8 years as a Board Trusted Advisor to 18 companies across the globe. Amanda is also the co-author of the bestselling collaborative book, "Stories of Transformation". She graduated from the University of Manchester (Alliance Manchester Business School) with an MBA.

KATJA CAHOON, MBA, LCSW



Bridging the mind sciences and business, Katja is a veteran insights professional, entrepreneur, and trained & licensed psychotherapist. She started her career in trend and future research with Audi before becoming Director of Strategic Initiatives at Olson Zaltman. She studied to become a psychotherapist and started a qualitative research agency. She has presented at ESOMAR, IIEEX, and other conferences, and taught at various colleges and universities. Having lived in different countries from an early age, she learned to be a close observer of human nature - this later transformed into a desire to understand more deeply and to have a positive impact on behaviour. Currently, she has a private practice in Palo Alto (Silicon Valley), California where she helps technology executives, medical professionals, lawyers, and other high performers overcome stress, burnout, depression, and anxiety.