Management & leadership · ML197

Women's Leadership course

Barcelona (Spain) · 21 - 25 Dec 2026

Date	Venue	Duration
21 - 25 Dec 2026	**Barcelona (Spain)**	**1 Week**
Fee	Ref	Language
£5,000 GBP	**ML197**	**English**

Introduction

Do you believe that women leaders should be equipped with tools to increase the impact of their leadership and create long-term personal and professional change?

Why Attend a Women's Leadership Training Course? Women now make up a sizable proportion of an organisation's professional resources. The key to achieving business goals is for women in senior management to focus on developing their competencies in order to improve their leadership presence and impact. They must reflect on the unique challenges they face on a daily basis in their leadership roles and work environments, particularly when working with their male counterparts.

Do you think women leaders should be encouraged to take a step back from their daily responsibilities and reflect on the key issues they face as individuals and professionals?

This course will assist female executives in increasing business productivity by improving their networking, communication, and negotiation skills. This programme will help business and corporate women decipher their past and present experiences, understand the factors that limit their performance and steer their personal action plans forward.

Course Objectives of Women's Leadership course

The completion of this course by women professionals will make it possible for them to:

- Recognise and utilise their full potential as a leader
- Develop a masterplan for the self to become an exceptional leader
- Coach other women managers to increase their contribution to the organisation
- Draw and implement a strategy for self – growth, and promotion

Training Methodology of Women's Leadership course

This programme includes participants in a thought-provoking debate about the challenges that women leaders face.

A highly interactive presentation, supplemented by management games, paper-pencil exercises, activities, role plays, videos, and robust practice sessions, will provide candidates with a personalised experience.

It will teach attendees how to wield more power and plan their own professional development. They will also have the opportunity to share their ideas with other female executives and leaders in the industry.

Organisational Benefits of Women's Leadership course

After attending this programme, the women managers and leaders will add value to the corporates in the following ways:

- Develop skills to manage complexity and strategic thinking in the ever-evolving corporates
- Increase the effectiveness of the participants at the workplace with the realisation and acquisition of new skills, tools, methods
- Enable the attendees to transfer their knowledge to their work environment and thus higher ROI
- Influence the power of diversity in the workplace and make their leadership teams more successful
- Leverage on programmes of talent development and talent retention

Personal Benefits of Women's Leadership course

This intensive programme will instruct the participants on how to:

- Get an understanding of how others perceive them as a leader
- Establish credibility and drive their career growth
- Link their experiences of the past and current to meet their future goals
- Identify the factors limiting their performance and address them timely
- Work on their competencies to contribute effectively to the ROI in a constantly evolving VUCA environment.
- take their next step into senior positions at strategic levels
- Learn
  - Practical strategies to function effectively in the workplace
  - The art of negotiation adeptly in the workplace
  - How to leverage the power of networking?
- Understand and steer complex relationships
- Strengthen their skills of emotional intelligence to stand out as a leader among all
- Understand the gender dimension and habits of self to achieve better results

Target Audience of Women's Leadership course

This course is for women leaders who are in the following positions

- Directors, Presidents, Vice-Presidents
- C- Level Executives
- Senior Management Team
- Heads of the Departments
- Strategic Planners, Business Analysts
- Managers, Supervisors
- Those who
  - Are ambitious to reach the top of the organisation

- Are seeking to enhance their leadership skills
- Find it difficult to manage work-life balance
- Have been identified as high-potential leaders

Course Outline of Women's Leadership course

The women managers and leaders will undergo the following :

Day 1

SELF-AWARENESS

- Understand your personal leadership style
- The importance of personal brand in the workplace
- Demystify your motivations, values, and strengths
- Develop a vision statement for your leadership style
- Craft your personal positioning statement

THE WORK-LIFE BALANCE

- Handle the conflicts that arise in achieving the work-life balance
- Identify the tasks which add value to making the right choices
- Build a team for support
- Going digital for better work-life balance

Day 2

SUCCESS AT WORKPLACE

- Envisage some common dilemmas faced by women in leadership and managerial positions
- Develop strategies to address these dilemmas
- Explore the gender dimension associated with strong leadership
- Handling issues related to gender dimensions which include micro-aggression
- Explore and learn strategies for advocating self and getting noticed for your accomplishments

Day 3

MASTERING NETWORKING

- What is networking?
- Benefits of Networking
- Barriers to networking especially for women and how to overcome them
- Leverage formal and informal contacts to network with
- In interpersonal skills in networking

BECOME AN EXCELLENT NEGOTIATOR

- Identify a personal negotiation style that works for you
- Understand the techniques of negotiation such as reframing and creative visualisation
- Develop strategies of the success in the past for future negotiations
- Working on your communication skills as a negotiator
- Learn how to
  - State your ask
  - Leverage the dynamics of power and influence

Day 4

THE POWER OF EMOTIONAL INTELLIGENCE

- Emotional intelligence, and its advantages
- Test your emotional intelligence
- Learn how emotions influence your performance, relationship building, morale, and decision making
- Understand how to govern your reactions and responses through emotional intelligence
- Using emotional intelligence to understand others
- Develop strategies to improve your ability to manage self

Day 5

THE STRENGTH OF FEEDBACK

- Giving and receiving Feedback
- Giving and receiving gender-sensitive feedback
- Motivating people with feedback
- The art of receiving feedback

PERSONAL GROWTH PLAN

- Why draw a Personal Growth Plan?
- Identify how to seek mentors and sponsors at the workplace for personal success
- Picking up points covered in the modules above and drafting a plan for your growth

Register or ask about this course online

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