



Gender Equality Consultancy Services

Development Programme

EXAMPLE

LAUNCH EVENT – 1 DAY

- Getting to know each other
- Sharing experiences
- Building a network
- Table top discussions
potential topics:
 - Gender Equality in the workplace:
 - What women bring to the table:
 - The value of diversity:
 - How women can help themselves
- Motivational speaker

MANAGING MY CAREER – 1 DAY

- Understanding my work values and Career Anchors
- Managing my career aspirations – building my plan and making it happen
- Mentoring and Sponsoring – what’s the difference?
Having the support of both

121 COACHING SESSION – 2 HOURS

- Creating a safe environment for personal reflection.
- Exploring personal expectations aspirations and goals
- How committed and motivated are they about making a personal change
- What support and advice might they need through their journey?
- Where might they get this from?
- How does this fit into their PDP?
- Reflection and Action Plan

ACTION LEARNING SET

Learning together in small groups, sustaining the learning from previous session and supporting each other’s growth. This may be managed remotely or face to face.
Delegates run these sessions

BEING AT MY BEST – 1 DAY

- Understanding my personal values and drivers
- Recognising when I’m at my best
- Authenticity – being ‘me’
- Building my resilience
- Looking after myself to be at my best more often

121 COACHING SESSION – 2 HOURS

Triad session with line manager

- Reflection and Action Plan

ACTION LEARNING SET

Learning together in small groups, sustaining the learning from previous session and supporting each other’s growth. This may be managed remotely or face to face.
Delegates run these sessions

BUILDING MY SELF BELIEF: ‘CONFIDENT ME’ – 1 DAY

- Understanding and building my personal brand
- Being authentic
- Working on my personal presence
- Making a great first impression
- Reinforcing my confidence

121 COACHING SESSION – 2 HOURS

- Reflection and Action Plan

ACTION LEARNING SET

Learning together in small groups, sustaining the learning from previous session and supporting each other’s growth. This may be managed remotely or face to face.
Delegates run these sessions

CLOSING EVENT – 1 DAY

- Sustaining my learning
- Growing my network
- Paying it forward – supporting other women

What’s Next? Optional Ongoing Coaching Support

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www.peopleforthefuture.co.uk