

Leading with Power, Presence and Purpose

A Women's Leadership Development Program

Date: March

Duration: 2 Days

Venue: In-person / Offsite (customizable)

INTRODUCTION

In today's organizations, women leaders are often required to navigate high performance expectations while managing complex relationships, power dynamics, and invisible emotional labour.

Leading with the Feminine is a thoughtfully designed leadership development program for women professionals that focuses on authentic power, emotional intelligence, relational influence, and sustainable leadership.

The program helps women lead with confidence and clarity by integrating traditionally undervalued feminine qualities such as empathy, intuition, presence, and collaboration, without compromising authority or performance. It expands leadership capability beyond narrow, masculine-coded models and supports women in developing a leadership style that is both effective and deeply aligned.

OBJECTIVE OF THE WORKSHOP

Help participants to:

- Strengthen leadership identity and self-awareness
- Build confidence, presence, and an authentic leadership voice
- Navigate power, influence, and organizational dynamics effectively
- Enhance emotional resilience and self-regulation
- Lead with clearer boundaries and long-term sustainability
- Articulate a personal leadership philosophy

METHODOLOGY

- Experiential learning and reflective format
- Group dialogue and storytelling
- Role plays and embodied practices
- Real-life leadership scenarios and case discussions
- Insights from lived experience

KEY FOCUS AREAS

Day 1 – Knowing the Self

- Leadership identity and self-awareness
- Feminine and masculine energies in leadership
- Emotional intelligence and self-regulation
- Confidence, self-trust, and inner authority

Day 2 – Leading with Impact

- Voice and leadership presence
- Boundaries, assertiveness, and influence
- Power and organizational dynamics
- Leadership integration and action planning

LEARNING OUTCOMES

Participants walk away with:

- Increased leadership confidence and presence
- Enhanced emotional intelligence and self-awareness
- Improved influence and decision-making effectiveness
- Stronger boundaries and emotional resilience
- Clear, actionable leadership commitments

WHO SHOULD ATTEND

Women leaders and high-potential women professionals at mid to senior levels, including emerging leaders preparing for expanded responsibilities. The workshop customized based on organizational context, leadership level, and industry-specific challenges.

FACILITATOR

Suparna Kapoor

Leadership Facilitator | Behavioural expert | Academic & Industry Practitioner | Founder LQ
– Learning, Leadership, Life