

Women's Leadership, One-on-One Coaching

We offer one-on-one coaching to women leaders, female executives, managers, and business owners to:

1. Create stronger organizations
2. Boldly step into their own brand of leadership
3. Develop inspired teams
4. Learn the art of creating boundaries with grace
5. Establish new success, fulfillment and sustainability, on their own terms

During the Soulzatwork Women's Leadership Coaching Program, we coach primarily by phone; however, in some cases, if you are located in the Toronto area, we coach in person. Typically our one-on-one women's business and leadership coaching takes place twice per month for a minimum of six months.

Soulzatwork is located in Toronto, Ontario, Canada and has worked with many women leaders in the corporate, privately-held business, and not-for-profit settings. We are trained, certified professional coaches who are passionate about women leaders, executives, and managers stepping up to their unique potential to lead.

The Women's Leadership Coaching Process:

Step 1

- A complimentary conversation or coaching session to determine the fit

Step 2

- Two-hour discovery session (on phone or in person depending on location) – includes a pre-work package emailed to you

- May include several personal online assessments (determined between client and coach)

Step 3

- A minimum of six months of leadership phone coaching twice per month (45 minutes per session)
- A six month check-in conversation to assess the direction of our one-on-one coaching for women leaders, executives and managers

As a woman executive, manager or business owner, you know you want something new and different for your leadership style.

Give us a call – it would be our privilege to work with you!

In Toronto: 905-567-5009 | Outside of the G.T.A:
1-866-684-3401. Or send us an email at:
info@soulzatwork.com

Women's Leadership, 1.5 – 2.0 Hour Lunch and Learn Workshop

What's Your Next Bold Move?

This lunch and learn workshop is an upbeat, interactive session that explores self-awareness and choice, the first two steps in the transformative inner leadership journey to being a more compelling, self-confident woman leader. It takes courage to step into your own unique style of leadership. The invitation is for women leaders to consider consciously creating their own brand of leadership that is rooted in their natural strengths and talents. The opportunity that awaits you is realizing the potential of the real leader that lies within.

Our lunch and learn workshops appeal to busy women business professionals. Ideally these women will be managers or leaders within organizations, and have been in these management positions for at least three-to-five years.

This great lunch and learn session introduces women to the concept of conscious intention and how to begin to choose to create their own brand of leadership from who they really are.

What You Will Learn

Through interactive exercises and discussion participants will:

1. Be introduced to a proven six-step process for developing authentic leadership through personal transformation
2. Appreciate their personal "magic"
3. Get a taste of making bold choices that will shift their way of leading in life and work
4. Gain new insights about women's natural leadership capabilities

5. Understand operating in "life and business as usual" and how that holds you stuck
6. Commit to making some new choices to lead in new ways

Would you like to arrange a lunch and learn session at your organization or networking group? Please contact us to discuss how our women's leadership development workshop can benefit you.

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Women's Leadership, Half-Day Workshop

Creating Your Leadership Story – A Bold Move

Women have many natural strengths for leadership. This course begins the overview of a six-step process for consciously creating a personal brand of leadership from the inside out. This half-day workshop will help participants become more aware of their current way of leading and support them in making new choices to lead more authentically from who they really are. Awareness is the first step in shifting how we operate. This workshop helps participants move from a leadership style that is unconscious and hopeful to choosing to be conscious and intentional.

This course will be of interest to women business professionals who have at least five years full-time work experience. Ideally these women will be managers or leaders within organizations.

What You Will Learn

Through interactive exercises and discussion participants will learn:

1. To be aware of women's natural ways of leading
2. The potential for leading differently by moving beyond "life as usual" and "business as usual"
3. How to be conscious of their leadership in the many roles in life and work
4. How to make choices to lead authentically and create structures to support the choices
5. The power of knowing one's personal values
6. To develop new ways of operating from being conscious and intentional

Half-Day Workshop Overview

This half-day "Creating Your Leadership Story" workshop is an introduction to exploring and learning the process of the inner journey of leadership. The workshop explores self-awareness, choice, and the power of envisioning, the first three steps in the transformative inner journey of leadership to become a more self-confident, compelling woman leader.

This workshop introduces women to a proven six-step process for developing authentic leadership through personal transformation. Participants will get a 'taste' of bold choices they can make when they are more aware and consciously creating their own brand of leadership from what they value most. They will explore what this can do for them in their lives and career. This process is the foundation of a longer term women's leadership development program, where women leaders increase their self-awareness, develop clarity of purpose and hold accountability to a powerful vision that is a reflection of who they really are.

Many of our women leader participants follow up this half-day workshop with our two-day workshop Leadership From Who You Are – Living Your Story.

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Women's Leadership, Two-Day Workshop

Leadership From Who You Are – Living Your Story

This two-day women's leadership workshop is designed for women managers and leaders who want to be more intentional about developing their leadership from their natural strengths, in alignment with who they are.

The leadership development workshop for women will provide insight and structures for becoming a more self-aware leader, for making choices that create a different impact, for envisioning future leadership, and for developing a plan and the accountability for implementing leadership changes.

Our Soulzatwork women's leadership workshops are of interest to women business professionals who have at least five years full-time work experience. Ideally these women are managers or leaders within organizations. This "Living Your Story" workshop is an ideal follow-on program to the introductory workshop "Your Leadership Story – A Bold Move".

Workshop Description

Women have many natural strengths for leadership. Our "Living Your Story" women's leadership workshop unfolds the six-step process for consciously creating a personal brand of leadership from the inside out. This two-day workshop will help participants to become more aware of their current way of leading, make new choices that are values-based, and create a new story for their leadership.

Workshop participants will work through a process to create their personal vision for leadership that is grounded in their values, passions and purpose. They will establish structures that will facilitate and support their success.

They will also learn about the power of envisioning their future leadership style, and what steps they can begin now, to move in that direction. Authentic leaders inspire others to deliver their best results, with ease.

What You Will Learn

Through interactive, experiential learning you will:

1. Work through the "current treadmill of life and work" and its impacts
2. Clarify your current style of leadership and what is working and what is not
3. Design new ways of behaving that will lead to more alignment with who you are
4. Define your personal values, passions and purpose
5. Draft your vision story for leadership
6. Create the steps in a plan for shifting to a new way of operating
7. Create an action plan, including identifying an accountability partner

Workshop Overview

Women's natural gifts of inclusion, connection, responsibility, and listening provide a strong basis for leadership that is nurtured through learning and action. This two-day leadership development workshop provides the foundation for women managers and leaders to consciously create how they want to lead their lives and work. In order to establish powerful personal leadership, women must become more self-aware, make choices in alignment with their personal values, envision and declare their future story, and create the plan to realize its potential. This leadership workshop for women is a catalyst and provides a foundation for women to lead more consistently from within.

Women's Leadership, Six Month Program

Soulzatwork Leadership for Women

Program Structure: Six group learning sessions, 12 one-on-one phone coaching sessions.

This intensive leadership development program is specifically created for women by women. The six-month program is aimed at women in leadership roles, including those who lead teams, business owners and professionals with at least five years work experience.

A journey of personal transformation, our women's leadership program focuses on the path to creating an authentic way of leading one's life and work – one that is aligned with your values, your soul, and your talents. An intensive program, Soulzatwork addresses issues and challenges particular to women to support our women clients in developing their leadership style from their natural strengths, with grace and dignity.

If you're looking to become a more intentional, conscious leader, and to make choices that create a different impact, this leadership program is for you. You will envision your future leadership, and create a plan and the accountability structures needed to implement and create new success, sustainability and fulfillment.

Leadership Program Description

Using our natural strengths for leadership, this women's leadership program moves participants through the six-step process for consciously creating a personal brand of leadership from the inside out. Over the six-month time-frame, our leadership program participants will become aware of their current ways of leading, be challenged, and

supported to make new choices, following which there is an intensive part of the program where clarification of values, passions and purpose lead to the design of a future vision of leadership. The participants work through plans of action and creating accountability to move down the path to their future vision of success for their own leadership – on their own terms as a woman.

The process includes group learning; wisdom-sharing in-person sessions; and twice-per-month, one-on-one private coaching. This is a proven adult learning model that encourages change while supporting our women clients' personal and business schedules.

This six-month women's leadership program has been operating for four years and the work has provided many women with a clear path for creating lifelong success and sustainability for leadership their way, with ease.

The executive, management, professional and entrepreneurial clients we have worked with experience new and greater success at work and in life.

What You Will Learn

Through interactive, experiential learning you will:

1. Explore women's natural ways of leading and how we get so far away from that in our careers
2. Understand "business and life as usual" and how that keeps you on a treadmill that is not getting you to what you most deeply desire
3. Choose new ways of behaving that will lead to

SOULZATWORK – FIND YOUR WAY

more alignment with who you are

4. Clarify your personal values, passions and purpose, and natural strengths
5. Write your vision story for leadership
6. Create the plan for shifting to a new way of operating
7. Activate the plan with support structures to keep you moving forward with accountability
8. Apply the transformation model and actively “lead from who you are”
9. Learn to celebrate and understand the power of acknowledgement

Program Overview

Women’s natural gifts of inclusion, connection, responsibility, and listening provide a strong basis for leadership that is nurtured through learning and action. This six-month workshop of group learning and individual private coaching provides women managers and leaders the structures and learning to consciously create how they want to lead their lives and work. In order to establish powerful personal leadership, women must become more self-aware, make choices in alignment with their personal values, passions and purpose, envision and declare their future story, and create the plan to realize its potential. The private coaching allows for each participant to powerfully focus on their personal path.

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Women's Leadership Retreat

Boldly Moving Downstream

Days: 3

This retreat is for women leaders in organizations who are seeking to develop themselves personally and professionally and want to create more ease in their leadership. Our women's retreat is ideally suited to women in leadership roles who are people managers with at least five years management experience. It is a retreat that will provide rejuvenation, challenge, and an invitation to step into personal power in new ways.

Retreat Description

Women in leadership roles often are challenged with external forces that have them leading in ways that are contrary to their natural instincts. Over time, this work of leadership can be wearing on the mind and the heart. We understand women's natural gifts for leadership, and our retreats are intended to provide a place where women leaders can reconnect to their natural strengths for leadership and to take time out to find their way to leading from who they really are. When this happens, women lead more powerfully with more ease.

Accessing the power of the outdoors and the water as a metaphor for the journey of your leadership, Soulzatwork and Hidden River Outfitters offers a three-day experiential retreat for women that includes kayaking, experiential workshops, and individual one-on-one coaching for three months post-program to support women leaders who seek more and less – more success, less stress, more reflection time, less “busyness”, more fulfillment, less acceptance of hollow promises, and more aliveness in life and work.

Access that part of you that longs for more flow.

What You Will Learn

During our women's leadership retreat, through interactive, experiential learning you will:

1. Gain new insights about women's natural ways of leading
2. Understand your “business and life as usual” and how that keeps you operating the same
3. Learn what it means to lead life and work “downstream” versus “upstream”
4. Clarify your natural strengths and how to use them as allies
5. Design new ways of behaving that will lead to more alignment with who you are
6. Define your personal values, passions and purpose
7. Draft your vision story for leadership
8. Create the steps in a plan for shifting to a new way of operating
9. Establish a plan with three steps that will shift your operating style to deliver more powerful leadership and greater ease.

For more information about upcoming leadership development retreats for women and to register, go to www.hiddenriveroutfitters.com/womenspaddling.htm and follow the links to sign up.