

# BOLD WOMEN LEADERS

## Transforming Me, Transforming You

FOR WOMEN EXECUTIVES, LEADERS, MANAGERS,  
BUSINESS OWNERS, CONSULTANTS.

For ambitious, successful and hard-working women who want to bring their own unique blend of skills, talents and experience to their business, career and personal lives... and lead their life to the full!

### *Do any of these ring true for you?*

- At a cross roads and wondering what to do next in your business, career or life?
- Feel like something is missing, you've more to give and want to make more of a difference?
- Have great aspirations for your career or business but not sure you've got what it takes or how to make it happen as quickly as you would like?
- Giving your best at work and at home, yet feel like you're doing neither particularly well?
- Never have enough time and feel guilty that you've been neglecting your team, family and friends?
- Frustrated that it's always you who ends up having to solve, resolve and decide what to do?
- Working your ass off and silently worry that one day you might just burn out?
- Shying away from those difficult conversations and avoiding conflict?
- Feel like your voice isn't always heard, your hard work isn't recognised, or that you're not taken seriously in what still feels like a man's world?



The reality is that every woman is different, comes from a different starting point, will have a different definition of what success looks like and will have different approaches on how to get there.

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Wherever you are on your journey, and wherever you want to get to, we will help you get there - **FASTER** and **EASIER** and you'll have way more **FUN** too!

Along with a small group of like minded, challenging and supportive women, you will experience a personal leadership journey of discovery, practice and transformation.

### Examples of what you can expect:

- ✓ Become a leader in your business, career and personal life without having to sacrifice who you are
- ✓ Get clarity on life and work goals and feel confident to go get 'em
- ✓ Be inspired, motivated and focused giving you way more energy to achieve what you want and deliver results that matter
- ✓ Achieve more success in a way that feels right for you in all the important areas in your life
- ✓ Be your best personally and professionally, loving your work and life and having a positive impact on those around you
- ✓ Deal with what's been holding you back, wasting your time and distracting you
- ✓ Have your ideas, opinions and solutions taken seriously and inspire others to do what you need them to
- ✓ Empower your people as individuals and as a team so they too can love their working life

### Some real examples of the transformations achieved by our participants:

- One was ready to retire in the job but discovered a whole new lease of life and has developed new products and services to help the organisation survive and grow.
- One set a goal to get a board position within the year and achieved it within 5 months!
- One overcame her anxiety about speaking in public and hosted a televised event, got rave reviews and is now hosting a yearly event!
- Another had morale and service provision issues in her team leaving her carrying the load. Now her team is ticking along and she has more time to contribute at a higher level.. In recognition for the turnaround she won a coveted leadership award!
- Yet another discovered that work wasn't the 'be all and end all' and opened up to the possibility of intimacy with the new man in her life.
- One was at the beck and call of everyone and was close to burn out. Now she is more relaxed and has regained energy and focus.
- One was very driven, worked all the hours and was going for a prime promotion. Instead she landed her dream job and is now enjoying life and planning ahead for her retirement.

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Time to invest in **yourself**, discover your very own individual purpose and make your mark!

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## Introducing our Founder and Principal Programme Leader

Award-winning, internationally-recognised Executive Coach, Anne Dargan, created **Bold Women Leaders**, a programme for women leaders, in 2009.

Formerly a business transformation leader in a global organisation, Anne discovered some of the challenges facing women quite late in her career, unfortunately too late to prevent her leaving a job she loved. Whilst devastating at the time this experience forced Anne to re-evaluate 'what's next'. Now running a business doing work she absolutely loves, and after making significant changes in her personal life too, she is determined to help other women avoid the pitfalls and find enrichment in their lives.

### *This is what clients have said about Anne:*

"Anne delivers her workshops with a great sense of personality and humour. She really helps you to develop your self awareness to the point of clarity that will help you to deal with most leadership scenarios. To get this time out of the office, and examine my own leadership traits been invaluable."

**Joanne McGreevy, MD Mirror Group**

"What's so unique about Anne is that not only does she get results but she makes it all so enjoyable too."

**Rosamond Bennett, CEO, Christian Aid**

"Most useful thing was the input from Anne, I liked the "off the cuff" flexibility and all round knowledge of Anne. An energetic and charismatic facilitator with up to date thinking and real life examples to inspire thinking."

**Anne McReynolds, CEO, The Mac**



"Anne creates an open and dynamic environment. She is more than just a facilitator, she brings herself - the human touch. She creates an open and dynamic atmosphere and has an amazing ability to listen, absorb and reflect - even long time after, she remembers what someone has said and brings it back in."

**Finola O'Kane, Client Services Director, Capita**



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Our participants include independent consultants and business owners as well as executives, directors, partners and leaders from organisations such as:

Capita / McAvoy Construction / The Mirror Group / Belfast City Council / Department of Education and Learning / The MAC / PWC / Edwards and Co / Christian Aid / NIE / Cannon

## *What they say about us:*

"I have, for the first time, really thought about what is important to me and made positive changes. I feel more confident and empowered now in all aspects of my life and I am happier and healthier. I can honestly say that the development and the sharing of experiences with other professional women through this programme has both supported and challenged me."

Finola O'Kane, Client Services Director, CAPITA

"I can honestly say that this has and continues to have a lasting, positive effect on both my personal and working life. It was unlike anything else I had been on – it was genuinely thought provoking, challenging, confidence building, motivating and inspiring. And all done in a very relaxed, genuine and personable way."

Rosamond Bennett, CEO, Christian Aid Ireland

"I was amazed how effective this was! I enjoyed the practical skills and exercises, which were both challenging and fun and I learned lots from the experience. It was thought provoking and has inspired me and given me the real deep learning that is relevant for me and my work."

Julie Gray, MD MiFlow

"This programme was challenging and thought provoking. I was able to explore what mattered most to me in both my career and personal life and I have taken some bold steps as a result. Our facilitator, obviously a very skilled



coach, drew out the best from us individually and as a group. A great programme I would recommend to aspiring and established leaders alike."

Beverley Harrison, HR Director, Department of Education and Learning, NICS

The group style of coaching in a trusted environment with like minded and familiar faces has inspired, and motivated me and filled me with confidence at a time of huge change for the publishing world.

Joanne McGreevy, MD Mirror Group

# BOLD WOMEN LEADERS

## What's included?

A 12-month leadership programme designed with your busy schedule in mind.

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### Attendance at 4 bespoke workshops

Our workshops are a bit different - they're fun, personable, thought provoking, challenging and supportive. Each 2-day workshop covers the core topics most relevant to women leaders and includes developing practical skills and approaches as well as group coaching to ensure the focus is on relevant and real life situations you face as leaders in your business, career and life.

### Monthly Group Coaching Calls

No more feeling isolated and alone, having a group of trusted advisors will help you to get the results you want faster and easier. These calls keep the momentum and networking going giving you the opportunity to be completely honest about how you are progressing, where you are getting stuck and receive practical input and ideas that work.

### 6 individual coaching sessions

To get most benefit, work one-on-one with a coach who specializes in working with women leaders by phone or skype to give you the opportunity to discuss concerns, uncover pitfalls and accelerators, discover solutions and get tailored one-on-one attention focused entirely on you with the purpose of you being able to thrive at work, make a difference every day and live life to the full.

### Online Networking Facebook Group

This networking group is perfect for connecting with other members of the BOLD WOMEN LEADERS community to ask questions, sound out an idea, receive and give support and encouragement.

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*“If you want to challenge yourself, think about what makes you tick and take stock, you are in for a treat! Plus it's good craic!”*

Finola O’Kane, CAPITA

### Support women in your organisation

Talk to us about our in-house women only and gender diversity programmes.

For an honest appraisal on whether this programme suits your particular situation please contact us for a **FREE** Discovery Session

Email [anne@boldwomenleaders.com](mailto:anne@boldwomenleaders.com) or call 07711 599 091