

## WOMEN IN LEADERSHIP IMPACT THROUGH SELF AWARENESS

*“Empowering Female Leaders to Lead Authentically and Strategically”*

### Schedule

| Date             | Venue      | Fees (Face-to-Face)   |
|------------------|------------|-----------------------|
| 25 - 26 Jun 2026 | Dubai, UAE | USD 1995 per delegate |

► **Available delivery methods:** Face-to-Face & Online Training

### Introduction

Leadership is most impactful when grounded in authenticity, confidence, and emotional intelligence. For women in leadership roles or aspiring to lead, self-awareness becomes the foundation for influencing others, navigating challenges, and leading with purpose and resilience.

This 2-day course is designed to support women in unlocking their leadership potential by focusing on self-awareness, emotional intelligence, and strategic influence. Through interactive exercises, self-assessments, and real-world insights, participants will gain clarity on their leadership identity, communication style, and presence, while building the confidence to lead with impact in any environment.

### Objectives

By the end of this course, participants will be able to:

- Identify their leadership style and areas for personal development
- Enhance self-awareness and emotional intelligence for effective leadership
- Overcome self-limiting beliefs and build personal resilience
- Develop strategies to lead with influence and clarity
- Apply tools for goal setting, assertive communication, and confidence building

## Why Attend

- Gain insight into your leadership strengths and growth opportunities
- Build greater confidence and visibility as a leader
- Develop emotional intelligence to manage relationships and teams
- Connect with other women leaders in a supportive, reflective setting
- Practice real-life strategies to influence, inspire, and lead authentically

## Target Audience

This program is designed for:

- Female managers, team leaders, and supervisors
- High-potential women preparing for leadership roles
- Entrepreneurs and business owners
- Project leaders and change agents
- Any professional woman seeking leadership growth through self-awareness

## Individual Benefits

Key competencies that will be developed include:

- Self-awareness and reflective leadership
- Confidence and presence in high-stakes situations
- Emotional intelligence and interpersonal sensitivity
- Goal setting and self-leadership
- Influencing without authority

## Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Stronger, more authentic female leadership within teams
- Higher engagement and retention of women in leadership pipelines
- More emotionally intelligent and collaborative work cultures
- Improved communication, motivation, and mentoring among teams
- Increased diversity and inclusion in leadership decision-making

## Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Self-Assessment Tools - Leadership profile, values clarity, EI evaluations
- Reflection Exercises - Strengths exploration, mindset shifts
- Peer Dialogues - Role models, shared challenges, success stories
- Interactive Workshops - Goal mapping, assertive communication, vision setting
- Coaching Models - Feedback frameworks and personal development planning

## Course Outline

**Training Hours: 7:30 AM - 3:30 PM** Daily Format: 3-4 Learning Modules | Coffee Breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 - 02:00

### Day 1: Knowing Yourself as a Leader

- Module 1: The Power of Self-Awareness in Leadership (07:30 - 09:30) • Understanding your leadership identity • Personal values, beliefs, and blind spots
- Module 2: Emotional Intelligence for Women Leaders (09:45 - 11:15) • Self-regulation, empathy, and relationship management • EI tools for high-stakes conversations
- Module 3: Navigating Inner Barriers to Confidence (11:30 - 01:00) • Impostor syndrome, self-doubt, and mindset traps • Shifting from self-criticism to self-trust
- Module 4: Workshop - Leadership Reflection Journal (02:00 - 03:30) • Writing your leadership narrative and confidence moments

### Day 2: Leading with Impact and Influence

- Module 5: Building Influence and Strategic Presence (07:30 - 09:30) • Executive presence and communication style • Influencing without formal authority
- Module 6: Vision Setting and Authentic Goal Alignment (09:45 - 11:15) • Clarifying leadership vision and defining legacy • SMART goals and personal KPI tracking
- Module 7: Assertive Communication and Conflict Confidence (11:30 - 01:00) • Setting boundaries and saying no with respect • Handling conflict with emotional maturity
- Module 8: Workshop - Personal Leadership Action Plan (02:00 - 03:30) • Create a 90-day roadmap for personal leadership growth

## Certification

Participants will receive a Certificate of Completion in Women in Leadership: Impact Through Self-Awareness, recognizing their commitment to self-development and leadership excellence based on authenticity, confidence, and emotional intelligence.

## Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
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- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation's unique goals.

### In-House / Customized Training

Interested in running this course for your team?

Please contact us:

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