



HOW WOMEN LEAD: INFLUENCING OTHERS AND CREATING POSITIVE CHANGE

with Dr. Priya Nalkur

\$395 (US) per person

VIRTUAL SESSION (3-HOUR)

HOW WOMEN LEAD: INFLUENCING OTHERS AND CREATING POSITIVE CHANGE

Highly effective women leaders follow a unique playbook that focuses on 5 factors: authenticity; connection and inclusion; clarity and self-awareness; agency and voice; and balance. This empowering and interactive workshop gives women the practical tools to magnify these 5 factors by identifying the key behaviors with which they are associated. Participants will learn how to break free of their internal limits and censors that prevent them from being fully authentic. They will experience and practice how to build and leverage deep connections in just moments.

- Participants will walk away with immediately usable practical tools to influence others and create positive change.
- The workshop is designed for participants to experience a range of emotions, leaving them feeling refreshed and energized to take on challenges in their lives.
- The workshop leaves participants feeling optimistic about women's leadership.

DR. PRIYA NALKUR

Priya is the President of the RoundTable Institute, having founded the firm at a time when the global landscape appeared to be threatening the voices and leadership of women and people of color. She is deeply committed to amplifying the voices of marginalized and seasoned leaders alike, and to awakening the unconscious potential and wisdom of teams. A psychologist by training, Priya coaches her clients in a bold, direct, and fun way to model what conviction, influence, and authenticity look like. At once loving, warm, and strong, Priya knows what it's like to have your voice dismissed and squashed and to emerge free and triumphant after a long, protracted struggle. Priya is a first-generation Canadian immigrant and second-generation Indian immigrant, a proud single mom to two energetic kids, a totally nerdy bookworm, and an outdoors enthusiast, having climbed several peaks including Mt Kilimanjaro and Torres del Paine in Patagonia. She completed her postdoctoral work in Communications at the University of Pennsylvania, and she has a Doctorate in Psychology from Harvard University, and a Masters from Yale University.

TOPICS COVERED

WHAT'S UNIQUE ABOUT WOMEN'S LEADERSHIP?

WHY WOMEN NEED A DIFFERENT PLAYBOOK FOR EFFECTIVE LEADERSHIP THAN MEN
THE 5 FACTORS IN THE WOMEN'S LEADERSHIP PLAYBOOK (FROM THE RESEARCH)

AUTHENTICITY

IDENTIFYING PEAK MOMENTS IN OUR LIVES
DESIGNING YOUR AUTHENTICITY TRIAD
USING THE LIMITING-EMPOWERING BELIEF CONTINUUM

BUILDING CONNECTIONS

BUILD RAPPORT IN JUST MOMENTS
DEEPEN CONNECTIONS THROUGH LISTENING AND REFLECTING

SELF-AWARENESS

WHAT IT MEANS TO "LOWER THE WATERLINE" AND HOW TO DO IT
QUIZ: REFLECTION QUESTIONS TO HELP YOU LOWER YOUR WATERLINE

AGENCY AND VOICE

HOW TO ADVOCATE FOR AND PROMOTE YOURSELF
BEING A HARBINGER FOR OTHER WOMEN

BALANCE

FROM BALANCE TO WHOLENESS
BOUNDARY SETTING AND PRIORITIZATION

COMMITMENTS

WHAT NEW BEHAVIORS WILL YOU PRACTICE? WHY?
CHECK OUT

FOR REGISTRATION PLEASE CONTACT: **Mary S. Held** - IMS Regional Director - Columbus
Phone: **+1 (614) 855-7118** Email: **columbus@ims-online.com** Website:
<https://ims-online.com/leadership-development/Columbus/9>