



HOW WOMEN RISE: BUILDING STRONGER TEAMS & LEADING WITH IMPACT  
with Sally Helgesen  
\$395 (US) per person

VIRTUAL SESSION (3-HOUR)

## HOW WOMEN RISE: BUILDING STRONGER TEAMS & LEADING WITH IMPACT

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In today's increasingly diverse workplace, building effective relationships has become not just important, but absolutely essential for fostering collaboration, teamwork, and achieving overall success.

This program, utilizes vivid, real-life examples drawn from various professional settings to help participants identify and recognize common triggers that can challenge their efforts to connect with individuals who may appear different from themselves, whether due to cultural backgrounds, work styles, or personal values.

Instead of attempting to eliminate these triggers—which often stem from deeply rooted societal norms and are, in many cases, beyond our control—this program emphasizes the significance of effectively managing our responses to them. By cultivating this awareness and control over our reactions, participants can create a more inclusive environment that allows for stronger relationships to flourish, enabling them to engage a broader range of allies and enhance overall collaboration and teamwork.

Throughout the program, participants will engage in interactive discussions that encourage open dialogue and sharing of personal experiences. They will also be introduced to practical strategies designed to help them navigate these triggers successfully. These strategies not only aim to promote positive interactions but also to encourage behaviors that foster trust, mutual respect, and team cohesion. As they learn to embrace diversity and inclusivity, participants will be better prepared to tackle challenges within their teams and contribute to a more harmonious workplace culture.

Ultimately, this program equips individuals with the tools they need to thrive in a diverse professional landscape, ensuring that everyone feels valued and included.

# SALLY HELGESEN

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Sally Helgesen, cited in Forbes as the world's premier expert on women's leadership, is an internationally best-selling author, speaker and leadership coach. She has been inducted into the Thinkers 50 Hall of Fame, which honors those whose ideas have shaped the field of leadership worldwide. She is also ranked number 3 among the world's thought leaders by Global Gurus. Sally's latest book, *Rising Together: How We Can Bridge Divides and Create a More Inclusive Workplace*, offers practical ways to build more inclusive relationships, teams, and workplaces. It soared to Amazon's number one top-seller in its field in the first week of publication. *Rising Together* builds on Sally's remarkable success with *How Women Rise*, co-authored with legendary executive coach Marshall Goldsmith, which examines the behaviors most likely to get in the way of successful women as they move forward in their careers.

Other books include *The Female Advantage: Women's Ways of Leadership*, hailed as the classic in its field and continuously in print since 1990, and *The Web of Inclusion: A New Architecture for Building Great Organizations*, cited in *The Wall Street Journal* as one of the best books on leadership of all time and credited with bringing the language of inclusion into business. For over 30 years, Sally has delivered workshops and keynotes for companies, partnership firms and associations, working in 37 countries around the world.

# TOPICS COVERED

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## **UNDERSTANDING AND RECOGNIZING COMMON TRIGGERS**

IDENTIFYING PERSONAL AND SOCIETAL TRIGGERS THAT IMPACT RELATIONSHIP-BUILDING  
EXPLORING HOW CULTURAL BACKGROUNDS, WORK STYLES, AND VALUES INFLUENCE INTERACTIONS  
ANALYZING REAL-LIFE EXAMPLES OF TRIGGERS IN PROFESSIONAL SETTINGS

## **SHIFTING FOCUS: MANAGING RESPONSES INSTEAD OF CONTROLLING TRIGGERS**

UNDERSTANDING WHY ELIMINATING TRIGGERS ISN'T THE SOLUTION—AND WHAT TO DO INSTEAD  
DEVELOPING SELF-AWARENESS TO CONTROL EMOTIONAL AND BEHAVIORAL RESPONSES  
PRACTICING TECHNIQUES TO STAY COMPOSED AND CONSTRUCTIVE IN CHALLENGING INTERACTIONS

## **STRATEGIES FOR FOSTERING COLLABORATION AND TEAMWORK**

ENCOURAGING OPEN DIALOGUE TO BUILD TRUST AND PSYCHOLOGICAL SAFETY  
OVERCOMING UNCONSCIOUS BIASES TO STRENGTHEN TEAM COHESION  
APPLYING CONFLICT-RESOLUTION TECHNIQUES TO NAVIGATE DIFFERENCES EFFECTIVELY

## **ENGAGING AND EXPANDING INCLUSIVE NETWORKS**

BUILDING MEANINGFUL CONNECTIONS ACROSS DIVERSE GROUPS  
STRENGTHENING PROFESSIONAL RELATIONSHIPS THROUGH ACTIVE LISTENING AND EMPATHY  
LEVERAGING DIVERSE PERSPECTIVES TO ENHANCE DECISION-MAKING AND INNOVATION

## **PRACTICING INCLUSIVE BEHAVIORS FOR LEADERSHIP GROWTH**

EMBODYING INCLUSIVE LEADERSHIP TO CREATE A THRIVING WORKPLACE CULTURE  
IMPLEMENTING DAILY HABITS THAT PROMOTE BELONGING AND RESPECT  
ENHANCING TEAMWORK BY FOSTERING A MINDSET OF CURIOSITY AND UNDERSTANDING

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