

CHOOSE TO LEAD

Unleash Your Leadership Potential with the **Women in Leadership Accelerator Programme.**

Programme Outcomes

- Leadership and strategic thinking
- Confidence and executive presence
- Influence and relationship management



WHERE EXPERTISE
MEETS EXCELLENCE.



MANCOSA
Member of
HONORIS UNITED UNIVERSITIES

**Corporate
Training Solutions**





GET MORE

Empowering Women to Lead with Impact

The Women in Leadership Accelerator Programme is a structured development experience designed to strengthen leadership capability, confidence, and career progression for women at key transition points in their careers. The programme focuses on building authentic leadership presence, strategic influence, and the skills required to navigate organisational complexity effectively.



Duration

6 Weeks (Can be customised)

HOW YOU'LL GROW

Your Leadership Toolkit:

	Enneagram Psychometric Assessment
	Collaborative Group Coaching
	Masterclass Sessions
	Individual Leadership Assessment
	Group Workplace Practical Project

Contact us to enrol:

<http://www.mancosa.co.za/school/corporate-training-solutions>



MODULES

Learning Outcomes



Speaking with Power

- Project a strong presence through voice, posture, and delivery to communicate with credibility.
- Clearly and deliver concise, compelling messages that capture and hold attention.
- Apply vocal techniques and powerful non-verbal cues to enhance influence and engagement.
- Adapt communication style to different listeners, handle questions confidently, and build connection.
- Use practical strategies to reduce anxiety, remain composed, and speak with clarity in high-pressure situations.



Navigating Change Through Resilience

- Understand how change impacts individuals and teams, and the principles that support resilience.
- Apply practical tools to manage stress and maintain productivity during uncertainty.
- Reframe challenges and respond to change with confidence and adaptability.
- Sustain energy and protect mental wellbeing during organisational or personal change.
- Communicate empathetically to build trust and support others through change.



Adversity and Emotional Quotient Quotient (AQ and EQ)

- Understand the concepts of Emotional Quotient (EQ) and Adversity Quotient (AQ) and apply them to strengthen personal resilience.
- Recognise and manage emotions in challenging situations to maintain focus and productivity.
- Apply practical techniques to respond to setbacks and sustain motivation during change.
- Use empathy, active listening, and effective communication to build trust and support colleagues.
- Integrate EQ and AQ principles into daily work to enhance wellbeing, teamwork, and performance.



Strategic Decision Making

- Apply frameworks to analyse business environments, assess risks, and identify strategic opportunities.
- Use quantitative and qualitative insights to make informed, evidence-based decisions.
- Evaluate options systematically, considering risks, costs, and organisational impact.
- Implement decisions confidently and adapt when new information emerges.
- Translate strategic insights into actionable plans and communicate decisions effectively to stakeholders.



Transformational Leadership

- Understand the principles of transformational leadership and apply them to inspire and motivate teams.
- Examine how bias, structural barriers, and cultural norms influence organizational effectiveness and diversity.
- Apply evidence-based strategies to promote gender equality and inclusive leadership practices.
- Use inclusive leadership approaches to strengthen collaboration, innovation, and team performance.
- Reflect on personal leadership behaviours and identify actions to enhance leadership effectiveness and influence.