

Follow the



Adventure

## Elevate

*Empowerment and Development for women*

How does your organisation develop young, talented women to become your next generation of successful Leaders?

**ELEVATE** is a long-term development program, specifically designed for young, talented women to unleash their full potential **“from the inside-out”**.

Smart 📍 Ambitious 📍 Driven 📍 Reliable 📍 Performing 📍 Educated

These are some of the words used to describe this young generation of female professionals and leaders who are changing the market across the globe. On the outside it all seems...perfect!

On the inside.....a lot is happening that we do not see. Here they can benefit from learning how to deal with the pressure of high expectations that come with daily business. To learn how to strengthen their assertiveness when they encounter unexpected challenges. To help them stay confident and speak their minds, especially in situations when they do not feel heard or equally valued.



By strengthening their unique qualities from within, impact is felt in almost all aspects of work and personal life:

- ✓ Increased self-awareness and self-confidence
- ✓ Strengthened relationships
- ✓ Improved performance
- ✓ Balanced Work-Life style
- ✓ Authentic Leadership
- ✓ Overall sense of wellbeing



**ELEVATE** boosts the unique value proposition they bring to the table: *themselves.*

*Grow from where you are, to where you want to be*



# Elevate

*Empowerment and Development for women*

12-month sustained development program

## Phase 1

**Mental Health Bootcamp**  
45-day transformation

### Phase 1: Mental Health Bootcamp

strengthens the spirit from within. A series of app guided training and coaching sessions increases self-awareness, develops emotional intelligence and builds a solid confidence level to feel stronger on the “inside”, in order to overcome any challenges happening in life on the “outside”.

- ✓ Half day Saboteur Exposure workshop & Saboteur Assessment
- ✓ 45-day Bootcamp Training
- ✓ Ongoing mental health exercises in app & coach access
- ✓ Weekly online group sessions

### Phase 2: Ongoing Development

following the Mental Health Bootcamp the journey continues over the course of a year to ensure the learning is further internalized and can be applied in everyday work & life situations. Included is an **EXPLORE coaching journey**, consisting of 3 individual coaching sessions, and **3 Application Workshops** of clients choice (per group). Also, together with the client, options are explored for internal mentoring and peer support sessions. Want more? Create a tailor made package suiting your specific needs and budget.

#### Application workshops

(select 3 free of choice)

- Stress Management & Resilience
- Courageous conversations
- Acting & Presenting with confidence
- Leading self & others
- Diversity and Inclusion
- Time Management

(Other topics available on client request)

#### Extra options

- Add extra 1-on-1 coaching journey's such as Explore (3 sessions), Transform (5 sessions) or Sustain (8 session)
- Group Coaching sessions



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#### More information?

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