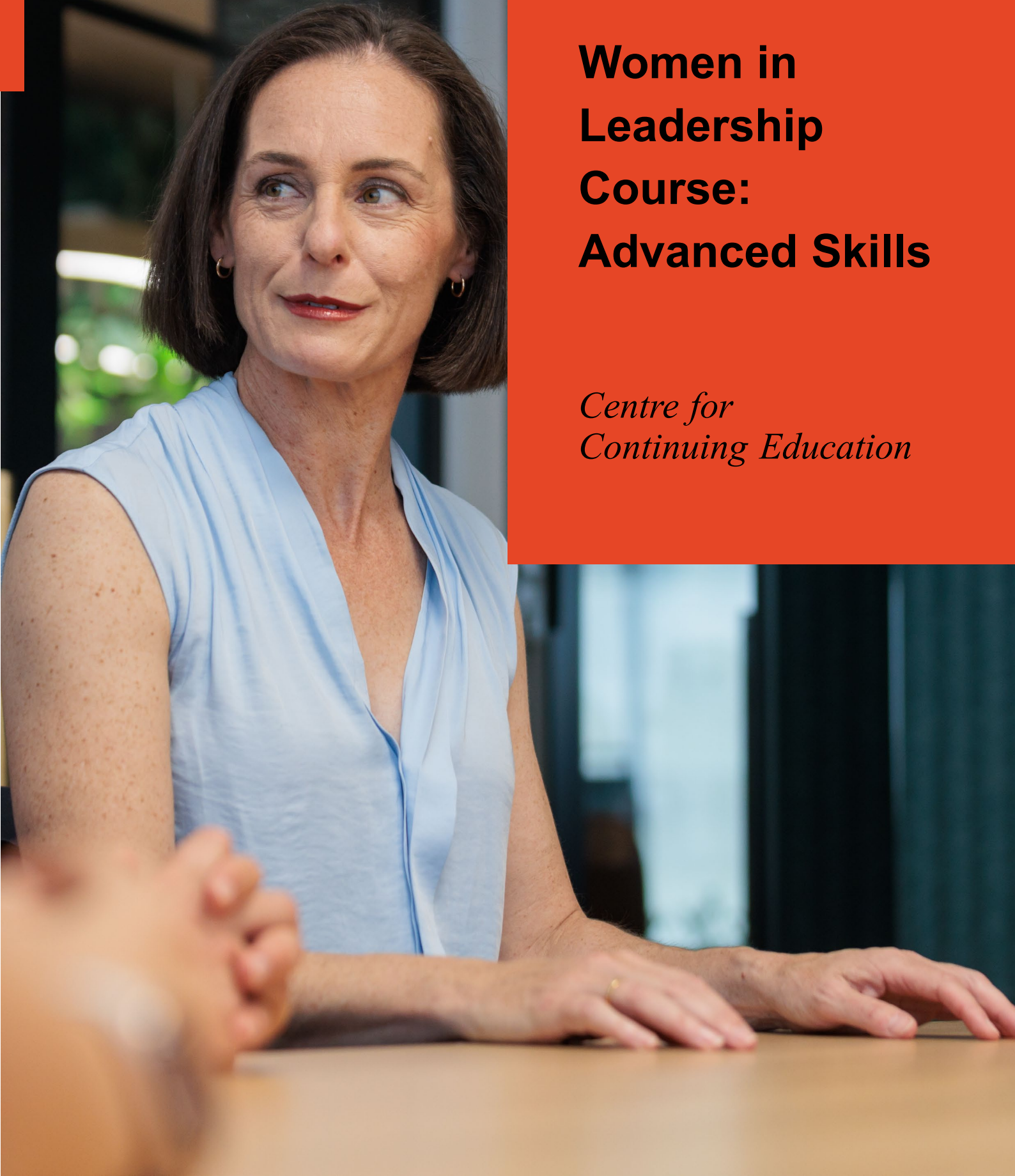




THE UNIVERSITY OF
SYDNEY

**Women in
Leadership
Course:
Advanced Skills**

*Centre for
Continuing Education*



Women in Leadership Course: Advanced Skills

Women with vision and purpose are stepping into leadership roles at unprecedented rates. Thriving in this space requires political acumen, resilience and the ability to drive change despite systemic pushback.

In this course, you will learn to lead with impact and confidence and review your assumptions about what it takes to succeed as a female leader. We will discuss how to beat habits that spark burnout, such as overworking or getting stuck in crisis management mode. You will also learn how to build a dynamic business culture, hone your negotiation skills and speak to be heard. Take charge of your own destiny, as well as the future of your team or business.

This course is for women already in leadership roles who would like to further develop their leadership skills, and challenge assumptions they have about women in leadership. This course complements our Women in Leadership Course: Foundation Skills.

Delivery style

The workshop is a highly interactive program for experienced leaders and senior managers.

You'll learn through a variety of methods including:

- mini lectures
- video presentations
- Q & A sessions
- demonstrations by the facilitator
- practical group activities
- individual planning activities.



Course duration

1 session, 8 hours total



Time

9am - 5pm



Format

Face-to-face
or
Online in real-time



Dates

Browse available
[course dates](#)

Intended audience

This is an advanced level course for women who have been in senior management or leadership roles for over two years. It is also suitable for men who wish to support diversity agendas in their organisations.

Prerequisites

None



Upon completion

Every participant receives a University of Sydney certificate of completion.



Aims

This course aims to empower female leaders to identify their unique leadership attributes and to use these to negotiate, lead and mentor with confidence.



Learning outcomes

By the end of this course, you should be able to:

- challenge stereotypes about gender and leadership, so you can accelerate your success as a leader
- maintain your focus, clarity and resilience under pressure
- eliminate habits which lead to burnout, so you can work strategically and lead with intention
- drive positive culture change in your business
- act as a role model for emerging female leaders
- use your improved powers of influence to better negotiate
- find solutions to real-life problems and challenges as a female leader in the age of 'supposed equality'.



Content

Challenging myths about women in leadership

Research on the issues impacting professional women and female leaders is disrupting conventional wisdom about how to succeed in your leadership role.

We will discuss:

- current findings on gender and brain function
- differences between male and female communication styles
- what it takes to succeed as a female leader.

Handling 'glass ceiling' issues

As you progress in your leadership role, you may face a number of challenges. Common issues include finding yourself in constant 'reaction' mode, feeling overloaded, overworking because of a perfectionist mindset, or facing pressure because you're part of a 'dual career couple'.

This session provides a toolkit for addressing these issues. Learn how to:

- clear your schedule of low-impact activities or meetings
- overcome imposter syndrome
- get results through other people and manage tandem careers.

There will also be an open frame discussion in which you can identify additional issues holding you back and receive tips on how to address them.

Shaping organisational culture

Culture-building is a core responsibility of leaders. Your culture-building efforts can significantly impact the ladder of participation for professional women. Workplace culture also impacts motivation, engagement and productivity throughout the business. How do you create a dynamic, positive culture that capitalises on diversity and builds 'positive deviance'? Get answers to this question, drawing on positive leadership theory. During this session, you will develop a personal action plan for standing out as a leader who drives change



Content contd...

Becoming a savvy negotiator

74% of women feel uncomfortable negotiating in business contexts. What causes this? More importantly, what can we do about it? Power up your negotiation skills so that you will feel, look and sound confident at the negotiating table. This session will show you how to:

- take on a success mindset so you can spot opportunities to negotiate (which many women fail to see)
- prepare a backup plan, so you never say 'yes' to a bad deal
- keep your negotiation on track by leading a conversation through four key stages
- eliminate five habits that limit the success of female negotiators – so you can become a savvy woman of influence.



“This has been the most useful training that I have ever participated in. Thank you very much for having me.”

Kate Morris



Organisational training and development

This course can be delivered as a private session for groups, and tailored to meet the needs of your business. Contact us to discuss our range of organisational training solutions.

[Learn more](#)



THE UNIVERSITY OF
SYDNEY

We recognise and pay respect to the Elders and communities – past, present, and emerging – of the lands that the University of Sydney's campuses stand on. For thousands of years they have shared and exchanged knowledges across innumerable generations for the benefit of all.

Empower ambition,
inspire leadership

For more information

Centre for Continuing Education
+61 2 7255 1577

cce.sydney.edu.au

Follow us

 [@ccesydney](https://www.facebook.com/ccesydney)

 [@centreforcontinuingeducation](https://www.youtube.com/channel/UC...)

 [ccesydney](https://www.linkedin.com/company/ccesydney)