# Female Leadership and Executive Empowerment Training Course

02 - 06 Nov 2026

Lisbon

4500 € (Per Person)

Ref: #LE3755_154273

## Course Introduction / Overview:

This intensive training course is designed to address the unique challenges and opportunities that women face in leadership roles. In today's dynamic corporate landscape, effective leadership transcends traditional models, requiring a blend of authenticity, strategic acumen, and influential communication. This program moves beyond theoretical concepts to provide actionable strategies for female professionals aspiring to or currently holding executive positions. We will explore the critical themes discussed by leadership expert Herminia Ibarra in her influential book, "Act Like a Leader, Think Like a Leader," focusing on how to redefine one's role through action and external engagement. Participants will learn to dismantle internal and external barriers, cultivate a powerful executive presence, and navigate complex organizational politics with confidence. BIG BEN Training Center has meticulously crafted this curriculum to foster a supportive and empowering learning environment, enabling participants to build a strong network of peers. The course integrates psychological principles with proven business strategies to equip women with the tools needed to not only reach senior leadership positions but to thrive in them, driving organizational success and fostering a more inclusive corporate culture for future generations of female leaders.

## Target Audience / This training course is suitable for:

- Aspiring female leaders and high-potential employees.
- Mid-level female managers seeking to advance to senior roles.
- Senior female executives aiming to enhance their strategic impact.
- Female entrepreneurs and business owners.
- Women returning to the workforce in leadership capacities.
- Human Resources and Diversity and Inclusion professionals.
- Team leaders and project managers.

## Target Sectors and Industries:

- Banking and Financial Services.
- Technology and Information Technology.
- Healthcare and Pharmaceuticals.
- Consulting and Professional Services.
- Retail and Consumer Goods.
- Governmental agencies and public sector organizations.
- Non-profit and non-governmental organizations.
- Education and Academia.

## Target Organizations Departments:

- Human Resources and Talent Management.
- Operations and Supply Chain Management.
- Sales and Business Development.
- Marketing and Communications.
- Finance and Accounting.
- Executive and Senior Management.
- Information Technology and Digital Transformation.
- Legal and Compliance.

## Course Offerings:

By the end of this course, the participants will have able to:

- Develop a powerful and authentic leadership style.
- Master strategic communication and negotiation techniques.
- Enhance their executive presence and professional brand.
- Navigate organizational politics with skill and integrity.
- Build and leverage powerful professional networks and mentorships.
- Lead high-performing teams with an inclusive approach.
- Strengthen financial acumen and strategic decision-making capabilities.
- Drive organizational change with confidence and resilience.
- Effectively manage work-life integration for sustainable career growth.

## Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive, experiential, and transformative. We believe that adult learning is most effective when it combines new knowledge with practical application and personal reflection. This course utilizes a blended approach, incorporating expert-led presentations, dynamic group discussions, and in-depth case study analyses of real-world leadership scenarios. Participants will engage in role-playing exercises to practice crucial skills like negotiation and conflict resolution in a safe and constructive environment. Self-assessment tools and psychometric instruments will be used to foster greater self-awareness of personal leadership styles and communication patterns. A significant portion of the program is dedicated to peer-to-peer learning and collaborative problem-solving workshops, allowing participants to share experiences and build a lasting professional network. Continuous feedback from the facilitator and peers is a core component, ensuring that learning is personalized and directly applicable to each participant's unique career challenges and goals.

## Course Agenda (Course Units):

### Unit One: Foundations of Authentic Female Leadership

- Defining your personal leadership vision and values.
- Understanding and overcoming unconscious gender bias.
- Exploring different leadership styles and their impact.
- Building resilience and managing professional setbacks.
- The role of emotional intelligence in effective leadership.
- Developing self-awareness through reflective practices.
- Establishing credibility and authority in a new role.

### Unit Two: Strategic Communication and Executive Presence

- Mastering the art of influential communication.
- Developing a compelling executive presence.
- Advanced public speaking and presentation skills for leaders.
- Strategic negotiation and persuasion techniques.
- Communicating effectively in high-stakes situations.
- Leveraging digital communication for leadership impact.
- Giving and receiving constructive feedback.

### Unit Three: Business Acumen and Strategic Decision-Making

- Enhancing financial literacy for non-financial leaders.
- Fundamentals of strategic thinking and planning.
- Data-driven decision-making frameworks.
- Assessing risk and managing uncertainty.
- Driving innovation and fostering a culture of creativity.
- Understanding the competitive and market landscape.
- Aligning departmental goals with organizational strategy.

## Unit Four: Leading Teams and Driving Organizational Change

- Building and leading inclusive, high-performance teams.
- Advanced conflict resolution and mediation skills.
- Motivating and empowering team members for success.
- Leading through periods of organizational change and transition.
- The art of effective delegation and accountability.
- Coaching and mentoring future female leaders.
- Fostering a culture of psychological safety and trust.

## Unit Five: Career Architecture and Sustainable Leadership

- Creating a strategic career development plan.
- Building and nurturing a powerful professional network.
- The role of sponsorship in career advancement.
- Crafting and managing your personal brand.
- Achieving sustainable work-life integration.
- Navigating corporate boardrooms and governance.
- Leaving a lasting legacy as a transformative leader.

# FAQ:

## Qualifications required for registering to this course?

There are no requirements.

## How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

## Something to think about:

How can female leaders authentically navigate organizational structures that were historically designed without their leadership styles in mind?

## What unique qualities does this course offer compared to other courses?

This course distinguishes itself by adopting a holistic and deeply practical approach to female leadership development. Unlike programs that focus solely on skill acquisition, this training integrates psychological principles of self-awareness and resilience with hard-edged business strategies. We move beyond the "how-to" of leadership to explore the "why," enabling participants to build an authentic leadership identity that is both powerful and sustainable. The curriculum is specifically designed to address the nuanced challenges women face, from navigating unconscious bias to mastering the unwritten rules of executive communication and influence. A key differentiator is the emphasis on career architecture and legacy-building, encouraging participants to think strategically about their long-term impact, not just their next promotion. The course fosters a unique environment of peer coaching and collaborative learning, creating a powerful and lasting support network that extends far beyond the five-day training period. It is an immersive experience aimed at transformative growth rather than incremental improvement.