Empowering Women in Leadership: Strategies for Professional Impact Training Course

09 - 13 Nov 2026

Tokyo

5800 € (Per Person)

Ref: #MA8796_16988

Course Introduction / Overview:

This comprehensive training course, offered by BIG BEN Training Center, is meticulously designed to equip aspiring and current female leaders with the essential strategies and mindset needed to excel in today's dynamic professional landscape. It delves into the unique challenges and opportunities women face in leadership roles, providing actionable insights for professional impact and career advancement. Participants will explore critical topics such as cultivating executive presence, mastering strategic communication, and navigating organizational dynamics to build influence. Drawing inspiration from influential works like Sheryl Sandberg's "Lean In: Women, Work, and the Will to Lead," this course emphasizes the importance of taking a seat at the table and actively shaping one's career trajectory. We will address key areas including leadership empowerment, overcoming workplace bias, and developing resilience, ensuring participants gain a holistic understanding of effective leadership. The curriculum is structured to foster a strong leadership identity, enhance negotiation skills for women, and promote strategic thinking, enabling female executives to drive change and lead with purpose. This program is an investment in developing future-ready women in leadership, fostering an environment where professional growth for women is not just encouraged but strategically cultivated.

Target Audience / This training course is suitable for:

- Aspiring female leaders.
- Mid-level female managers.
- Senior female executives.
- Women transitioning into leadership roles.
- Entrepreneurs and business owners.
- Professionals seeking career advancement.
- Individuals committed to personal and professional growth.

Target Sectors and Industries:

- Technology and IT.
- Healthcare and Pharmaceuticals.
- Financial Services and Banking.
- Manufacturing and Engineering.
- Retail and Consumer Goods.
- Education and Academia.
- Non-profit Organizations.
- Government agencies and equivalents.
- Consulting and Professional Services.
- Media and Entertainment.

Target Organizations Departments:

- Human Resources.
- Operations Management.
- Marketing and Sales.
- Finance and Accounting.
- Research and Development.
- Project Management.
- Strategy and Planning.
- Legal and Compliance.
- Public Relations.
- Customer Service.

Course Offerings:

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

- Develop a robust personal leadership brand and executive presence.
- Master strategic communication and persuasive negotiation techniques.
- Navigate complex organizational politics and overcome workplace biases.
- Cultivate resilience and emotional intelligence for sustained leadership effectiveness.
- Build powerful professional networks and mentorship relationships.
- Drive strategic initiatives and foster innovation within their organizations.
- Inspire and empower teams to achieve higher levels of performance.
- Formulate a clear vision for their career advancement and leadership legacy.
- Implement strategies for work-life integration and personal well-being.
- Contribute to a more inclusive and equitable leadership culture.

Course Methodology:

The BIG BEN Training Center employs a highly interactive and experiential training methodology designed to maximize learning and practical application. This course integrates a blend of dynamic approaches including engaging lectures, group discussions, and real-world case studies that illuminate the complexities of women in leadership. Participants will engage in hands-on workshops and role-playing exercises to practice newly acquired skills in a supportive environment, focusing on areas like effective negotiation skills for women and building executive presence. Peer coaching and collaborative teamwork activities will foster a strong sense of community and facilitate shared learning experiences. The methodology also incorporates self-assessment tools and personalized feedback sessions, allowing participants to reflect on their leadership styles and identify areas for professional growth for women. This comprehensive approach ensures that theoretical knowledge is immediately translated into practical competencies, empowering participants to confidently apply strategies for professional impact in their respective roles and drive their career advancement.

Course Agenda (Course Units):

Unit One: Foundations of Women's Leadership

- Understanding the current landscape of women in leadership.
- Exploring historical and contemporary challenges for female leaders.
- Identifying personal leadership styles and strengths.
- Developing a strong leadership identity.
- Setting clear career aspirations and goals.
- Recognizing the value of diverse leadership perspectives.
- Building a foundation for authentic leadership.

Unit Two: Developing Executive Presence and Influence

- Cultivating an impactful executive presence.
- Mastering non-verbal communication and body language.
- Projecting confidence and authority.
- Building strategic networks and alliances.
- Leveraging influence without formal authority.
- Understanding organizational power dynamics.
- Developing a personal brand for leadership visibility.

Unit Three: Strategic Communication and Negotiation

- Crafting compelling messages for diverse audiences.
- Mastering persuasive communication techniques.
- Navigating difficult conversations with grace and impact.
- Developing effective negotiation strategies.
- Advocating for oneself and one's team.
- Providing constructive feedback and coaching.
- Public speaking and presentation mastery.

Unit Four: Navigating Challenges and Building Resilience

- Addressing unconscious bias and gender stereotypes.
- Strategies for overcoming imposter syndrome.
- Managing conflict and workplace politics.
- Building mental toughness and resilience.
- Achieving work-life integration and well-being.
- Dealing with setbacks and learning from failure.
- Creating a supportive professional ecosystem.

Unit Five: Sustaining Impact and Future Leadership

- Driving strategic change and innovation.
- Mentoring and sponsoring emerging female leaders.
- Leading high-performing and diverse teams.
- Developing a long-term leadership vision.
- Embracing continuous learning and development.
- Contributing to a culture of inclusion and equity.
- Shaping the future of women in leadership.

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:

In what ways can female leaders authentically challenge and transform existing organizational power structures while simultaneously navigating them effectively for their own and others' advancement?

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

This training course distinguishes itself through its deeply contextualized approach to empowering women in leadership, moving beyond generic leadership principles to address the specific nuances and challenges faced by female executives. Unlike broader leadership programs, this course offers targeted strategies for professional impact, focusing on the unique dynamics of gender in the workplace, including overcoming workplace bias and cultivating authentic leadership. It emphasizes practical application through real-world scenarios and case studies, providing actionable insights rather than just theoretical frameworks. The curriculum is meticulously designed to foster a strong leadership identity and enhance strategic thinking, enabling participants to not only advance their careers but also to drive meaningful organizational change. This program is a comprehensive journey into developing resilience, mastering negotiation skills for women, and building influential networks, ensuring participants are equipped with a holistic toolkit for sustained success and career advancement. It is an investment in developing female executive coaching and leadership empowerment that truly resonates with the experiences and aspirations of women leaders.