

“A woman in harmony with her spirit is like a river flowing. She goes where she will without pretense and arrives at her destination prepared to be herself and only herself.”

Maya Angelou



WOMEN. LEAD. NOW.  
Serving women leading in business and in life

## YOUR TEAM



ALICIA SAINT



HEATHER HAIGH

Alicia & Heather bring more than 40 years of combined corporate and leadership experience along with their passion as professional, ICF-certified coaches, to lead the **WOMEN. LEAD. NOW.** program.

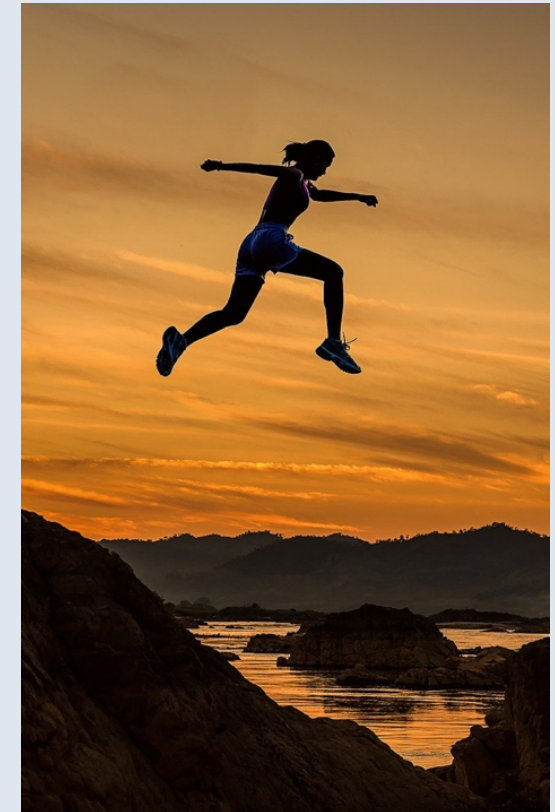
You will benefit from the diverse experience, insight, and curiosity Alicia & Heather bring to each workshop and 1:1 coaching.

**Contact us** to explore how to transform your leadership:  
[aliciasaintcoaching@gmail.com](mailto:aliciasaintcoaching@gmail.com)  
[heather@aspiringgrowth.com](mailto:heather@aspiringgrowth.com)

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# WOMEN. LEAD. NOW.



Bringing women together  
to create, design, and  
ignite your  
intrinsic leader within.

# WOMEN. LEAD. NOW. PROGRAM OVERVIEW

**WOMEN. LEAD. NOW.** is a 10-week **intrinsic leadership** program that includes 4 in-person, half-day workshops, bi-weekly, 1:1 coaching before, during and after the program, learning practical tools you can take away to support your Intrinsic Leadership roadmap



Intrinsic leadership takes care of you, everyone around you and the greater good.

**“Success is liking yourself, liking what you do and how you do it.”**

Maya Angelou

Experience learning in a small group setting, where you can openly discuss leadership challenges, celebrate successes, and design your own unique **intrinsic leadership** vision.

- ☀️ **4 half-day workshops led by 2 professional facilitators & certified coaches** (\$4000 value)
- ☀️ **Three 1:1 Coaching Sessions** (\$1200 value)
- ☀️ **TILT365® Leadership Self Assessment & TILT 365® Positive Influence Predictor (PIP)** (\$500 value)

**Special 1st Cohort: \$999 + HST**  
Don't miss this opportunity!

## **1:1 DISCOVERY: GOALS & DEBRIEF TILT365® LEADERSHIP ASSESSMENT**

- 1:1 call to establish personalized goals for the program
- Debrief TILT365® Leadership Self Assessment
- Identify your leadership style and effectiveness

## **1:1 COACHING**

### **MID-POINT CHECK-IN:**

- Action-Reflection-Learning to review progress
- Debrief your TILT365® PIP feedback

### **POST-PROGRAM CHECK-IN:**

- Action-Reflection-Learning to review progress
- Review strategies for sustained learning & growth

## **WORKSHOP 1: LEAD WITH CLARITY**

Clarify your personal vision, mission and values as a leader

- What's working with your leadership style? What's not?
- What does authentic intrinsic leadership mean to you?

**OUTCOME:** Start to create your **Intrinsic Leadership Vision roadmap**

## **WORKSHOP 2: LEAD WITH CONFIDENCE**

Strengthen belief in yourself and your talents as a leader

- What are the stories you tell yourself?
- What gets in the way of your confidence?

**OUTCOME:** Tame your inner critic to build your confidence and ability to take more risks

## **WORKSHOP 3: LEAD WITH COMPETENCE**

Strengthen your ability to build, motivate, and influence successful teams using your PIP feedback

- What's important about being a more agile leader?
- What's the impact of your leadership on others?

**OUTCOME:** Learn to leverage your strengths to increase influence, productivity and potential

## **WORKSHOP 4: LEAD WITH COURAGE**

Build the courage to grow your leadership style

- Where does courage show up in your leadership?
- What's important about being a courageous leader?

**OUTCOME:** Complete your **Intrinsic Leadership Vision Roadmap** and identify benchmarks for success