

Prepared and Powerful: The Crisis-Ready Female Leader

Bold Promise

You will develop a crisis-ready leadership strategy to increase your command and confidence, gaining a competitive advantage in the workplace. You will also learn how this knowledge will help protect yourself and others making it your single most valuable investment for personal growth and success.

Ideal Client

Professional women in leadership roles who are strong and independent, juggling family, work, community responsibilities, and relationships. Their subconscious fears and self-doubt can hold them back from taking steps to increase their command and confidence, safety, and self-defense knowledge.

Features and Benefits:

Crisis-Ready Leadership Academy - Teaching: Live - Virtual, Frequency: Bi-weekly

Crisis-Ready Leadership Mastermind Circle - Interaction: Small Group, Frequency: Bi-weekly

Crisis-Ready Leadership Community - Social Media Group

Priority Preparedness Inbox Support - Direct access to questions by email for the duration of the program.

Resources: Crisis Response Plan Template - Empowerment through Ownership

BONUSES:

The Confidence Catalyst:

Address the objection of not wanting to acknowledge subconscious fears and self-doubt. Cultivate a strong and unshakeable self-belief, positioning yourself as a confident, crisis-ready leader. Make decisions with conviction and authority, overcoming the fear of failure and leading with confidence.

Crisis-Proof Communication Toolkit:

Unlock the secrets to effective communication and delegation during crises with this valuable toolkit. Discover techniques to clearly communicate expectations, delegate tasks efficiently, and ensure everyone understands their roles and responsibilities, minimizing confusion and inefficiency in high-pressure situations.

Course Outline

Covering the approach of my PREPARE Model

The PREPARE Model is a mnemonic approach that helps professional women in leadership roles develop crisis-ready leadership skills. It consists of six steps: Prepare, Reflect, Empower, Plan, Act, Refresh, and Evaluate.

Assessing Your Current State of Preparedness

Objective: Participants will evaluate their current level of preparedness and crisis readiness, including their strengths and weaknesses in terms of leadership, command presence, confidence, and personal safety.

Overcoming Subconscious Fears and Self-Doubt

Objective: Participants will explore and address their subconscious fears and self-doubt that may hinder their command and confidence. They will learn techniques to overcome limiting beliefs and develop a resilient and empowered mindset.

Understanding Crisis Situations and Their Impact on Leadership

Objective: Participants will gain a deep understanding of different crisis situations and how they can affect leadership effectiveness. They will learn how to navigate and lead in high-pressure scenarios while maintaining command and composure.

Developing a Crisis-Ready Leadership Strategy

Objective: Participants will learn how to create a comprehensive crisis-ready leadership strategy aligned with their personal and professional goals. This strategy will cover risk assessment, contingency planning, communication strategies, and decision-making processes.

Enhancing Command Presence and Confidence

Objective: Participants will focus on enhancing their command presence and confidence through practical exercises and techniques. They will learn how to project authority, engage and inspire others, and make decisive decisions under pressure.

Strengthening Communication Skills for Crisis Leadership

Objective: Participants will develop effective communication skills essential for crisis-ready leadership. They will learn to deliver clear and concise messages, actively listen, and adapt their communication style to different stakeholders.

Building Personal Safety and Self-Defense Prowess

Objective: Participants will acquire essential self-defense skills and knowledge to ensure their personal safety and the safety of others during crisis situations. They will learn practical techniques for self-defense, situational awareness, and risk mitigation.

COURSE OVERVIEW

My Unique Approach

Number and Duration of Teaching Sessions

6 teaching sessions of 90 minutes each, plus bonus session (7).

Resources: Workbook and Supplemental Material

Crisis Readiness Action Plan Template

Crisis Readiness Checklist

Mindset Shift Worksheet

Affirmations and Mantras for Empowerment

Crisis Situations Decision-Making Framework

Strengthening Communication Skills for Crisis Leadership

Crisis Communication Plan Template

Self-Defense Techniques Supplement

Personal Safety Action Plan Template

Next Steps Action Plan