

EXECUTIVE EXCELLENCE.
LEAD. COMMUNICATE. IMPACT.



 EMPOWERED WOMEN

 STRONGER LEADERS

 LIMITLESS IMPACT

TRAINING REGISTRATION FORM

PREMIUM TRAINING. PRACTICAL SKILLS. POWERFUL RESULTS.



EXPERT-LED TRAINING

Learn from industry
leaders and subject
matter experts.



FLEXIBLE LEARNING

Virtual, self-paced,
and live options
to fit your schedule.



INDUSTRY-RECOGNIZED CERTIFICATES

Gain credentials that
validate your knowledge
and elevate your career.



IMMEDIATE APPLICATION

Real-world tools and
strategies you can use
on day one.

Invest in Your Growth. *Elevate Your Impact.*



EMPOWERING PROFESSIONALS. STRENGTHENING ORGANIZATIONS.

Executive training designed to build confidence,
enhance communication, and drive results.

Your Expertise.
OUR MISSION.
EXTRAORDINARY OUTCOMES.

Professional Training Courses

Remote and on-demand courses designed to build confident leaders, stronger teams, and smarter organizations.

All courses include course materials and a certificate of completion. Purchase 3 trainings and receive the 4th training 50% off. Prices below are per person. Groups of 10 or more receive 15% off their total invoice.

Why Train With Us?

- Practical, business-focused training designed for immediate workplace application
- Remote and on-demand delivery options for busy professionals and teams
- Course materials and certificates of completion included
- Relevant topics for executives, managers, property professionals, and emerging leaders

List of Courses

- AI for Business Excellence
- Beyond the Post: Social Media Excellence in the Workplace
- Networking That Gets Results
- The Executive Meeting & Boardroom Playbook
- Mastering Difficult Conversations & People
- The Executive Edge: Look Like a Leader on Any Budget
- Becoming the Leader Everyone Wants to Follow
- The Negotiation Edge
- Beyond the Send Button
- Designing Powerful Retreats, Board Meetings & Business Conversations That Drive Results
- Boundaries That Build Success
- Beyond the Crown: Building the Woman Behind the Title
- The Generation Advantage
- The Executive Icebreaker Playbook

Course Details

AI for Business Excellence

“A leader’s guide to building a smarter, faster, more efficient organization utilizing AI.”

Equip senior leaders to adopt AI responsibly, evaluate tools, embed AI into workflows, manage risk and ethics, measure ROI, and build a practical 90-day AI implementation roadmap. Participants will learn how to identify high-value AI opportunities, communicate AI strategy to teams, and create guardrails that support innovation without sacrificing compliance or trust.

Format: 4-hour remote course | **Investment:** \$500

Beyond the Post: Social Media Excellence in the Workplace

Help professionals use social media responsibly and strategically while protecting digital reputation, organizational trust, cybersecurity, compliance, and workplace culture. This course gives teams practical guidelines for posting, engaging, and responding online in ways that support both personal professionalism and organizational standards.

Participants will leave with clearer boundaries, stronger judgment, and a more confident approach to digital communication.

Format: 4-hour remote course | **Investment:** \$500

Networking That Gets Results

“ Build relationships that open doors, create opportunities, and earn a lasting professional reputation.”

Networking That Gets Results is a practical, high-impact course designed to transform networking from an awkward exchange of business cards into a confident, relationship-first strategy for opening doors, building influence, and creating lasting professional opportunity. Participants learn how to make memorable first impressions, start meaningful conversations, communicate their value with clarity, follow up with purpose, and build a trusted network across conferences, business meals, social media, and everyday professional interactions. With real-world scripts, case studies, etiquette guidance, data-backed insights, and a 90-day action plan, this course equips professionals to move beyond transactional networking and develop the kind of reputation, confidence, and connections that lead to referrals, collaborations, career growth, and long-term success.

Format: 4-hour remote course | **Investment:** \$500

The Executive Meeting & Boardroom Playbook

“Executive presence, professional influence, and owning every room you enter.”

Develop confident communication under pressure, persuasive data presentation, difficult conversation skills, team alignment, trust-building, and leadership presence. Participants will practice strategies for preparing for high-stakes meetings, reading the room, responding with composure, and making their ideas more memorable. The course is designed to help leaders show up with authority, clarity, and credibility in executive and boardroom settings.

Format: 5-hour remote course | **Investment:** \$650

Mastering Difficult Conversations & People

“Working with difficult people and leading under pressure.”

Learn a repeatable communication framework for high-stakes conversations, difficult personalities, peer conflict, executive pressure, and reputation-shaping moments. Participants will gain tools for staying calm, setting boundaries, de-escalating tension, and moving conversations toward productive outcomes. The course helps professionals protect relationships while still addressing issues directly and confidently.

Format: 5-hour remote course | **Investment:** \$650

The Executive Edge: Look Like a Leader on Any Budget

“How to dress in a professional environment

Strengthen professional image, executive presence, wardrobe strategy, color psychology, personal branding, and budget-conscious polish that supports confidence and credibility. Participants will learn how to make intentional style choices that align with their role, workplace culture, and leadership goals. The course offers practical, affordable strategies for looking prepared, polished, and professional in meetings, events, interviews, and everyday work settings.

Format: 4-hour remote course | **Investment:** \$500

Becoming the Leader Everyone Wants to Follow

“Everything they never taught you in order to be promoted.”

Build leadership skills for professionals through practical modules on coaching, accountability, budgeting basics, conflict resolution, communication, time management, crisis management, public speaking, emotional intelligence, and decision-making. Participants will learn how to transition from individual contributor to trusted leader by setting expectations, motivating teams, and handling daily challenges with confidence. The course provides real-world tools managers can use immediately to lead people, solve problems, and build a stronger workplace culture.

Format: 12-hour remote course delivered over 3 days | **Investment:** \$1,500

The Negotiation Edge

Mastering influence, strategy, and high-stakes conversations.

Transform how leaders approach influence, communication, negotiation psychology, emotional intelligence, conflict management, value creation, relationship protection, and strategic decision-making. Participants will learn how to prepare for negotiations, recognize leverage, manage emotions, and create solutions that protect both outcomes and relationships. The course is especially useful for leaders who must advocate for resources, resolve competing priorities, and navigate complex stakeholder conversations.

Format: 3-hour remote course | **Investment:** \$400

Beyond the Send Button

Mastering executive texting, email, and digital communication etiquette.

Elevate written communication across email, text messaging, and workplace platforms with clear messaging, tone management, channel selection, digital etiquette, AI-assisted writing strategies, and executive presence. Participants will learn how to write messages that are concise, professional, and appropriate for the audience and platform. The course also addresses common digital communication mistakes, response timing, escalation judgment, and how to maintain credibility in fast-moving workplace conversations.

Format: 4-hour remote course | **Investment:** \$500

Designing Powerful Retreats, Board Meetings & Business Conversations That Drive Results

Design strategic experiences that inspire alignment, drive action, and create lasting impact.

This executive training program is designed to equip leaders, managers, and professionals with the skills needed to create purposeful, engaging, and results-driven business gatherings. Participants will learn how to design transformational leadership retreats, build high-impact board meetings, create executive-level agendas, facilitate meaningful discussions, manage diverse perspectives, leverage technology and AI tools, and establish accountability systems that turn conversations into action. Through real-world case studies, strategic frameworks, research-based insights, and practical tools, this course teaches leaders how to transform ordinary meetings into powerful experiences that inspire alignment, strengthen collaboration, improve decision-making, and deliver measurable organizational impact.

Format: 5-hour remote course | **Investment:** \$650

Boundaries That Build Success

Setting the Standard for Respect, Accountability & Professional Excellence

This course is a dynamic professional development program designed to help employees, managers, and leaders create healthier workplace relationships through effective boundary-setting, communication, and accountability. Participants will learn how to establish clear expectations, protect their time and energy, navigate difficult conversations, and maintain professionalism while still fostering collaboration and trust. Through practical strategies, real-world scenarios, and interactive exercises, this course provides the tools needed to reduce workplace stress, prevent burnout, strengthen leadership presence, and build a culture where respect, communication, and performance thrive.

Format: 4-hour remote course | **Investment:** \$500

Beyond the Crown: Building the Woman Behind the Title

The Executive Blueprint to Pageant Preparation, Personal Branding, Confidence & Leadership Presence

Beyond the Crown is a transformational training course designed to help pageant contestants develop the confidence, communication skills, personal brand, and leadership presence needed to stand out in competition and beyond. Through practical lessons, reflective exercises, and strategic preparation tools, participants learn how to present themselves with polish, purpose, and professionalism in every setting. This course goes beyond stage performance by helping each contestant strengthen her mindset, clarify her platform, build a memorable image, and prepare for the responsibilities of titleholder leadership. Whether preparing for interview, wardrobe, social media, or competition weekend, trainees will leave with a clear action plan and a stronger sense of who they are behind the crown

Format: 5-hour remote course | **Investment:** \$500

The Generation Advantage

Unlocking Motivation, Performance & Engagement Across Every Generation in the Modern Workplace

This is an executive leadership training course that equips leaders to understand and unite today's five-generation workforce — from Traditionalists through Gen Z. It moves past generational stereotypes to focus on what actually drives motivation, engagement, and retention across different age groups. Through practical frameworks and real-world data, participants learn to bridge generational differences and turn them into a source of team strength rather than friction. The goal is to help leaders build "The Leadership Bridge" — a mindset and skill set for getting the best from every generation on their team.

Format: 2-hour remote course | **Investment:** \$250

The Executive Icebreaker Playbook

Mastering the Art of Breaking the Ice to Build Stronger Teams, Better Meetings, and High-Performing Organizations

This course teaches leaders how to use executive icebreakers as strategic tools for building trust, psychological safety, engagement, and collaboration. Participants learn how to choose the right icebreaker for different audiences, meeting goals, formats, cultures, and time constraints. The course also provides practical facilitation guidance, a library of executive-ready activities, and techniques for virtual, hybrid, conference, and retreat settings. By the end, leaders will be able to implement, debrief, and measure icebreakers in ways that strengthen teams and improve meeting effectiveness.

Format: 3-hour remote course | **Investment:** \$400

Business Startup 101: From Dreams to Open Doors

“Turn Your Idea Into a Legal, Fundable, and Profitable Business—One Simple Step at a Time”

Business Startup 101: From Dream to Open Doors is a practical, executive-quality startup course that removes the confusion from launching a new business. Participants are guided through the entire journey in the order it should occur—from validating the idea and choosing an ownership structure to filing formation documents, obtaining an EIN, opening a bank account, securing licenses and insurance, developing contracts, estimating startup costs, building a five-year plan, marketing the company, hiring workers, retaining clients, and preparing for sustainable growth. The course is intentionally simple enough for a first-time entrepreneur while maintaining the structure, discipline, financial controls, and strategic thinking expected inside a professionally managed company. Participants leave with a personalized startup checklist, an initial five-year plan, a 90-day launch calendar, and clear guidance on when to complete tasks independently and when to hire an attorney, accountant, insurance professional, registered-agent service, payroll provider, or formation company. Comes with checklists.

Format: 7-hour remote course | **Investment:** \$900

Training Course Registration Form

Please complete this registration form and email it to

Jenna@StillStandingInHeels.com. Once the completed registration form is received, an invoice will be emailed to the primary contact. Payment may be made online or by check. Payment is required no later than 7 days before the scheduled training date.

Primary Registration Contact	
Organization/Company Name	
Primary Contact Name	
Title	
Email Address	
Phone Number	
Billing Address	
City, State, ZIP	

Course Selection			
Select	Course Name	Cost	Training Class Date
☐	AI for Business Excellence	\$500	10/5/26
☐	Beyond the Post: Social Media Excellence in the Workplace	\$500	10/6/26
☐	Networking That Gets Results	\$500	10/16/26
☐	The Executive Meeting & Boardroom Playbook	\$650	10/26/26
☐	Mastering Difficult Conversations & People	\$650	9/7/26
☐	The Executive Edge: Look Like a Leader on Any Budget	\$500	10/28/26
☐	Becoming the Leader Everyone Wants to Follow	\$1,500	11/11 – 11/13
☐	The Negotiation Edge	\$400	9/2/26

☐	Beyond the Send Button	\$500	9/18/26
☐	Designing Powerful Retreats, Board Meetings & Business Conversations That Drive Results	\$650	10/7/26
☐	Boundaries That Build Success	\$500	11/16/26
☐	Beyond the Crown: Building the Woman Behind the Title	\$500	TBD
☐	The Generation Advantage	\$250	TBD
☐	The Executive Icebreaker Playbook	\$400	9/1/26
☐	Business Startup 101: From Dreams to Open Doors	\$900	TBD

Participant Name	Email Address

Acknowledgement	
By submitting this form, the registrant confirms that the information provided is accurate and understands that registration is not confirmed until payment has been received. Completed registration forms should be emailed to Jenna@StillStandingInHeels.com. Invoices will be emailed and may be paid online or by check.	
Authorized Representative Name	Title
_____	_____
Signature	Date
_____	_____

Group registration to next page

Group Registration

Use this final section to register multiple participants from the same organization. Groups of 10 or more receive 15% off their total invoice.

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