



Unleashing the Power
of Female Leadership



The Organisations Behind the Next Generation of Female Leaders

strideprogramme.co.uk

The STRIDE programme has been developed to equip women to achieve their potential as successful leaders.

- 01 Exploit your unique skills
- 02 Develop your career roadmap
- 03 Succeed with integrity
- 04 Remain authentic
- 05 Lead and mentor others
- 06 Cultivate your best self

A Decade of Unleashing the Power of Female Leadership

STRIDE has been running for over 12 years, a long time for a leadership programme to stay relevant. Workplaces shift, expectations change, careers stop looking the way they did a decade ago, and STRIDE keeps changing with them. Start the programme this year, and you get something built not just for today, but for the future of work.

A Trusted Partner

The STRIDE programme has earned the trust of organisations across a wide range of sectors, including nuclear energy, law, the arts, healthcare, chemical manufacturing, education, and many more. Its clients range from global brands to local councils, charities, and family-run businesses.

What unites them is not their size or sector, but a shared belief that investing in the development of female leaders delivers lasting value. Time and again, they choose STRIDE as the programme to make that investment count.



firstascentgroup.com

“ Testimonials

“STRIDE had such an impact on me and I found it extremely useful, at a critical time in my career. The mix of the 3 different facilitators was excellent; each brought a completely different dimension. I have already recommended STRIDE to others and continue to reflect on the experience, and what I have learnt.”

Anita Klute

Interim Head of Early Product Development,
AstraZeneca

“STRIDE has helped me develop skills that are already changing the way I am seen by my colleagues and, more importantly, changing the way I see myself.”

Claire Symonds

Theatres Programmer and Producer,
The Lowry

“The group format allowed us to be very open and honest whilst the trust built very quickly. I found it extremely helpful to get feedback not only from the facilitators but also the other ladies. It was encouraging to recognise we are ‘all in the same boat’ and to share our personal challenges. As a result of the programme, I feel more equipped to make conscious decisions and to deal with some of the issues I have been ignoring! Initially, I was worried the female focus would be all about work life balance and children, but it wasn’t and the structure and content really worked for me.”

Sarah Frost

Audit Manager, Leeds Building Society



of participants told us they'd recommend STRIDE to someone else

**figure based on our tenth-anniversary survey*

“The pace of the programme was excellent and I had many ‘light bulb’ moments, which have been really useful to my self development. The facilitators were warm, open and friendly. I am actually sad the programme is over and it would be great to have a next level STRIDE!”

Zoe Brough

Head of Human Resources, Wolves FC

Programme Breakdown

The STRIDE Programme consist of 3 days of engaging in-person sessions. To enhance your programme experience, you'll receive pre-work along with supplementary resources. Additionally, our dedicated learning management system (LMS) will provide action learning follow-up after each session, enriching your learning journey.

Programme includes

A one hour personal online coaching session

MODULE 01

Discovering Me

- Your personal objectives
- My journey so far
- Personal shields and values
- Emergenetics®** profiling - understanding thinking and behavioural attributes

MODULE 02

Leading Me

- Self awareness
- Emotional intelligence
- Resilience
- Energy management
- Collaboration
- Building trust
- Critical skills for crucial connections

MODULE 03

Developing my Personal Brand

- Storytelling
- Body language
- Overcoming barriers
- Controlling your emotions
- Power of language
- Your voice
- Personal projection
- Impactful communication

***Emergenetics® is a new-generation psychometric profiling tool. Grounded in robust brain science, it reveals how individuals prefer to think and behave. This provides powerful and valuable insights that can be applied to improve communication, collaboration and engagement.*