



Supporting Women in Academia

WITH DR. MAEVE LANKFORD
COACH & FACILITATOR

4 x 4 hour virtual workshops
4 x Guest Speakers
One Coaching Session per Participant

WORKSHOP 1: CHARTING THE COURSE

All successful achievement begins with knowing the outcome you want. This session will support participants in clarifying their career aspirations, thinking beyond circumstances and challenges and accessing what is possible.

WORKSHOP 2: NAVIGATING THE ROUTE

Taking steps to align with the desired career results, we will explore how participants show up currently and how they need to be showing up to achieve the results they want professionally.

WORKSHOP 3: OVERCOMING ROAD BLOCKS

Creating success habits to ensure positive growth. Taking personal responsibility to do all I can within my current context, including getting others on board with my agenda. Developing empowering responses to set backs.

WORKSHOP 4: ARRIVING AT DESTINATION

We'll reflect on our development journey and identify any blocks to future progress. We will analyse existing networks and professional profiles to optimise impact and introduce Action Learning as a tool for ongoing professional development.

OUTCOMES

- Clear, written career and life vision
- New relationship to fear-based thinking
- Managing your mindset in support of outcomes you'd love

- Clearly expressing my (academic) purpose
- Confidence in articulating my purpose to multiple audiences
- Consciously evaluating & managing my impact

- Daily practices to optimise successful goal achievement
- Tools to enable conversations that build trust
- Tools for managing my triggers

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- Reflection on the learning, celebrating successes and plans for next steps
- Analysis and enhancement of current profile & networks
- Establishment of Action Learning sets

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