



## RISE FAQs

### **What is the maximum number of delegates?**

When delivering virtually, the optimum number of delegates is 10 per cohort whereas for face to face delivery we would suggest that the maximum number of delegates is 16 per cohort.

### **How long and frequent are the sessions?**

The RISE Programme has lent itself perfectly to virtual delivery. Each session is delivered as a 3 hour workshop (with a comfort break!). The Programme is broken into Three Parts, the first equating to 4 sessions, and Parts 2 & 3 of two sessions each.. On the website you will find a map of our virtual RISE delivery. We suggest a gap of 4-6 weeks between 'Parts' of the programme to action learning and toolkits.

If you opt for the inperson programme then Part 1 will span across two full days and then Part 2 and Part 3 are one full day with each 'Part' having a 4-6 week break. The celebration event is hosted virtually following on from the end of the programme.

### **Who is the RISE programme aimed at?**

There is no requirement of leadership or level to get the most out of the RISE Programme. We are proud that our delegates have been from a variety of industries, and involved in many different professions. There is also no specific age bracket to which we aim the content, we have found that all of our ladies, whatever their age and experience have benefitted massively from the programme.

### **Is there any preparation required before the course starts?**

Once you have enrolled on the programme you will be sent a login to our Learning Zone where you will be able to find a host of reading materials, videos and related articles which you can peruse at your leisure! Any pre-course work will be sent out 4 weeks before the start of your programme.

### **What happens after I have completed the course?**

You will have access to the RISE community on the Learning Zone for a year. Also we offer a programme of RISE group coaching sessions - please contact us for further information about these.

### **What does the Programme cost?**

Our Corporate Programme has a fixed cost of £10,995 for a cohort and participation on one of our Open Programmes is £1095 per delegate. All prices quoted are exclusive of VAT. (These are prices for 2024 and are reviewed annually)