

RISE – Empowered Women’s Development Programme

TOP TIPS FOR WOMEN

Over the last 5 years we have coached senior women and run women’s programmes around the world. This has resulted in our model Elev8te, the 8 Traits of Successful Women, our development programme RISE and our Empowered Women’s Development App. At the end of each RISE programme we collate delegate feedback impact statements – here are just a few below;

Delegate Feedback:

“I have so much more self-awareness and now I am so much more open and request regular feedback, not only from my superiors but colleagues and direct reports is making such a difference to my career. Knowing what my strengths are and thinking about what people said my strengths were has really helped with my confidence levels and my performance.”

“I have more confidence to tackle situations head on rather than avoiding them or asking for advice. I have increased confidence and self-esteem, and recognition of my passion and this, along with better balance will make me a better person and truly impact my approach at work”

“I strive daily to increase my gravitas in all situations. I carefully think about the words I use and how I express myself, my tone and my body language. I take more care about my appearance and dress for the situation. I am also observing other people to model their gravitas.”

“I now say what I mean and mean what I say! I have recognized how important it is to say ‘no’ and allow yourself to be who you want to be and do what you want to do. Be bold be strong! Don’t feel guilty putting tasks on hold to allow yourself ‘me time’. I have finally lost the “disease to please!”

“I now have confidence to present to different audiences and to raise my profile. Accepting to attend events that I would normally decline by putting out of the comfort zone. Did my relationship map which has helped me to increase visibility and my profile by managing my stakeholders more effectively. Breaking through barriers, was the biggest take away for me, following on from the course I now have a network of people to turn to if I feel I need to talk.”

“I definitely have greater development of my influencing skills and built a stronger rapport with my team and stakeholders, Conflict at work with poor performance has resulted in the right outcome for the business. I have adapted my style considerably and find it much easier to pitch ideas and my ideas accepted.”

“I have become excited about the future; I have a 10-year plan and I feel happier and more in control of my wellbeing. I also found the courage to discuss my career development plan with my manager and to look at promotion prospects”

“I had never realised how important it was to truly understand your values and have some life guidelines. In time this will increase my success as I will achieve my goals. It was like a mental “spring-clean” - when you feel better about yourself mentally, the approach to work is more positive and brings an energy to the work place. I check my guidelines regularly to ensure I am living them.”



“I shared some experiences from the course with the team to help them develop their confidence and gravitas. I am experiencing improved business results as I have developed Managers more and addressed under performance effectively. I have also delegated more effectively and was tougher on the team which was needed.”

“I am much more in control of time management – I have a life and needs outside of work that are also a priority, so I ensure the work gets done but I set realistic expectations. I make time to exercise, and be selfish sometimes”

To find out more about RISE and how it can support women in your organisation contact Emerge at info@emergeuk.com and to download the App use the following links <https://itunes.apple.com/gb/app/empowered-womans-success-prog/id1452650167?mt=8> and for Android <https://play.google.com/store/apps/details?id=uk.co.hantshypno.emerge>

