

Dr. Sapna's
POWERFUL WOMEN AT WORK

Women often have a smaller range of acceptable behaviors at work than men. If they are too nice, they are seen as weak or manipulative. If they are too aggressive, they are judged as acting like men or typical 'Females'. There are other labels for those who are friendly and for those who are not. We live in a human world where perceptions rule our decisions.

Of course we are all to blame for holding on to some stereotypes and blocking change.

Again, being emotional is often pointed out to be negative trait of a woman. However, when expressed appropriately it is one of the strong pillars of a woman's personality.

There is a fine art to female assertiveness. You might still be judged negatively by some for being direct and bold at any time, however when you are diplomatically assertive, you are more likely to get what you want. There is a subtle difference between forcing a point of view and persuading people to listen to your ideas.

COURSE OUTLINE

- ⇒ MODULE 1: DISSECTION
 - Why are you here?
 - Every Wo'man' has a 'man' within her
 - My challenges
- ⇒ MODULE 2: TALKING vs COMMUNICATION
 - What is your style?
 - The Verbal, Voice and Body components
 - Emotions in Communication
 - Female barriers
- ⇒ MODULE 3: ASSERTIVENESS
 - What is your language?
 - Saying 'No' without aggression or defeat
 - Goodbye to the 'victim' mode
- ⇒ MODULE 4: EXECUTIVE PRESENCE dissection
 - What is your image?
 - Non verbal behavioral choices
 - Spontaneous vs intentional behavior
 - The desired impact
- ⇒ PERSONAL PLAN

Duration: 2 days (Can be customized to 1 day)

Approach: Interactive sessions with discussions, brain- storming, Case studies, Role-plays, mindfulness exercises and drawing personal ownership plans

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