

## Metro North Women Creating Our Futures Leadership Program

The Women Creating Our Futures Leadership Program is designed to provide emerging female professionals the opportunity to significantly expand and enhance their leadership skills while building a professional network that will serve them and their organizations throughout their careers. The year-long program consists of three quarterly day-long sessions and a two-day intensive retreat.

<p><b>Module 1: The Characteristics of a Great Leader</b></p>	<ul style="list-style-type: none"> <li>• Self-assessment of leadership skills &amp; strengths</li> <li>• Creative vs. reactive behaviors</li> <li>• Beliefs and assumptions</li> <li>• Creating vision, leading through change</li> <li>• Personal accountability, values &amp; integrity</li> <li>• Self-care and energy management</li> <li>• Work / life balance</li> </ul>	<p><b>Fee: \$250</b> <b>OR</b> <b>\$200</b> with full program commitment</p>	
<p>Friday, February 15, 2019 9:00 am – 5:00 pm Independent Electrical Contractors Rocky Mountain (IECRM) 11429 Pearl Street Northglenn, Colorado 80233</p>	<p><b>Module 2: Increasing Your Power &amp; Presence</b></p>	<ul style="list-style-type: none"> <li>• Developing self-confidence &amp; personal power</li> <li>• Finding &amp; using your voice, gaining a seat at the table</li> <li>• Visibility / vulnerability</li> <li>• Masculine vs. feminine power</li> <li>• Image &amp; appearance</li> <li>• Gravitas, charisma, poise under pressure</li> </ul>	<p><b>Fee: \$250</b> <b>OR</b> <b>\$200</b> with full program commitment</p>
<p>Friday, May 17, 2019 9:00 am – 5:00 pm  IECRM</p>	<p><b>Module 3: Creating Powerful Communication</b></p>	<ul style="list-style-type: none"> <li>• The neuroscience and importance of communication</li> <li>• Building rapport</li> <li>• Understanding your and others' strengths and styles</li> <li>• The power of a good question</li> <li>• Listening to understand</li> </ul>	<p><b>Fee: \$250</b> <b>OR</b> <b>\$200</b> with full program commitment</p>
<p>Friday, August 16, 2019 9:00 am – 5:00 pm  IECRM</p>	<p><b>Module 4: Building Healthy Relationships</b></p>	<p><b>Professional &amp; Personal Relationships</b></p> <ul style="list-style-type: none"> <li>• The importance of relationships</li> <li>• Developing trust</li> <li>• Engaging in healthy conflict</li> <li>• Relationship toxins &amp; antidotes</li> </ul> <p><b>Having Courageous Conversations</b></p> <ul style="list-style-type: none"> <li>• Finding the courage, identifying the risks</li> <li>• Understanding conflict styles – yours and others</li> <li>• A model for having difficult conversation</li> <li>• Do's and don'ts</li> <li>• Giving good feedback &amp; changing behaviors</li> </ul>	<p><b>Fee: \$500</b> <b>OR</b> <b>\$400</b> with full program commitment</p>
<p>Friday, November 8 – Saturday, November 9, 2019 9:00 am – 5:00 pm  Location TBD</p>			

Attend the whole series or just one! \$250 per session, \$500 for the retreat, or a discounted price of \$1,000 if you sign up for the entire series. To register, go to [www.metronorthchamber.com/mnwomencreating](http://www.metronorthchamber.com/mnwomencreating)

## Foundational Tools

This training program uses three foundational tools that we've found to be very beneficial in helping leaders better understand themselves and those they lead. The cost of these tools is in addition to the program fee and is entirely optional. Learning topics are structured so that individual tool completion is complementary but not mandatory. You may have already completed one or more of these tools; in that case, your previous results can be brought into this program.

<b>Tool #1: Emergenetics</b>	Emergenetics is a powerful, proven brain-profile tool that assists in understanding individual thinking styles and behaviors that affect work performance, communication, group dynamics and team success.	<b>Fee: \$150</b> <small>(special MNCC discounted rate)</small>
<b>Tool #2: StrengthsFinder</b>	The Clifton StrengthsFinder assessment is an objective, neuroscience-based measurement of skills and knowledge, abilities, attitudes, personality traits that helps identify the areas where an individual has the greatest potential for building strength.	<b>Fee: \$20</b>
<b>Tool #3: Thomas-Kilmann Conflict Mode Instrument (TKI)</b>	The Thomas-Kilmann Conflict Mode Instrument (TKI) supports participants in learning their primary conflict styles and how to choose a productive method of engaging in healthy conflict for a given situation.	<b>Fee: \$45</b>

## About Your Leaders



**Cynthia James**

**Transformation Expert,  
Coach, Speaker,  
Author, Teacher**

Cynthia is a transformation specialist who guides people as they make changes for lasting healing in their lives. Once a Hollywood actress, Cynthia excels as a speaker, coach, singer and multiple-award winning author. Cynthia has coached and supported thousands of people into vibrant living. Her Advanced Awareness Coaching offers depth, focus and results for high-level business leaders. Cynthia is personally committed to utilizing creative expression as a vital and effective healing modality that will assist everyone in their own personal and professional growth.



**Jean Hendry**

**Executive Leadership  
Coach, Speaker,  
Trainer, Facilitator**

With nearly 30 years of executive leadership and team development coaching, training & workshop development and facilitation experience, Jean has a reputation for consistently seeing the big picture and developing effective strategies that truly transform businesses, organizations and people. Gifted at guiding and supporting real change in leaders and teaching them to do the same with their teams, Jean has a passion for inspiring people at all levels to optimize their full potential through careful reflection and optimization of strengths.