**Senior Women in Leadership Programme 2022-23**

**Cohort 1**  
Total hours: This is a 7-month programme with a time commitment of 40 hours. It is a mixture of face-to-face workshops (1 per month), asynchronous study (up to 2 hours per month) and peer meetings (up to 2 hours per month)

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| **Session/ Content** | **Date:** | **Time:** | **Format\*** |
| **Module 1**  Launch, Leadership Theories and Styles | Tue 07 Feb 2023 | 10:00-16:00 | **Face to Face** |
| **Module 2**  Personal Boardroom and Leadership Profile | Tue 07 Mar 2023 | 10:00-12:30 | Online |
| **Module 3**  Negotiating and Influencing | Tue 18 Apr 2023 | 10:00-12:30 | Online |
| **Module 4**  Combating Imposter Phenomenon & Embracing Vulnerability | Tue 09 May 2023 | 10:00-12:30 | **Face to Face** |
| **Module 5**  Coaching & Mentoring | Tue 06 Jun 2023 | 10:00-12:30 | Online |
| **Celebration Event** | Sept 2023 –TBC | | |

\*Timings and Content Subject to Change. Format is dependent on room availability.