

Owning My Impact on Others

Leading With is a 6-month leadership program using Systems Theory to help participants understand how they interact with others, recognize behaviors that hinder their leadership, and stay true to their values as leaders. By the end of the program, participants gain practical tools for influential and authentic leadership, empowering them to lead effectively in their professional roles.



MELISSA HIATT
Director of Women's
Leadership

Program Objective

To expand the participants' awareness of their own leadership patterns and behaviors. Learning to identify what one feels, thinks, and does as they lead and interact with others is the first step in emotionally healthy leadership.

Program Takeaways

Leading With leads to a more emotionally aware leader. Being able to emotionally regulate and lead from the center of one's values and integrity during times of great stress is an essential leadership skill.

- Examine power and anxiety in their family systems through the use of a genogram
- Wrestle with the vulnerability of what can and cannot be controlled in leadership and life.
- Identify triggers that move one away from their leadership integrity and values.
- Greater understanding of the emotional responses and triggers and those you lead and work with.
- Increased resilience in managing the internal and external leadership anxiety and stress.

Course Agenda

Retreat: Family Genograms

Session 1 : Anxiety in the System

Session 2: Exploring Group Cultures

Session 3: Exploring Strengths

Session 4: Healthy Leadership

Session 5: Healthy Teams

Session 6: Leadership Creativity Projects and Graduation



Apply Now!

Cost: \$1,750

embe.org/womens-leadership-program