

HNS Workshop Offerings

Workshops are 1-1.5 hours and can be delivered virtually or in-person. Custom options are available.

Program Title	Description
What holds women back: Unlocking potential	Research shows that women have natural strengths as well as challenges as leaders. Explore the traps women need to avoid to optimize their influence and potential. Self-limiting beliefs and behaviors are examined as the group challenges and supports each other to identify strategies to overcome these obstacles.
Re-wire: release that inner critic and achieve your professional goals	How can we use the power of our minds to reach our goals and not be driven by fear? Research indicates that what we tell ourselves impacts our behavior in ways we don't even realize. People who pay attention and understand how to manage their inner selves, thoughts, and emotions are happier and more successful.
Cultivating a powerful presence	Many women feel their voices aren't fully heard in organizations, limiting the benefits of diverse perspectives. This workshop helps participants show up powerfully and own their point of view. It empowers them to crystallize their vision as influential leaders, taking actionable steps to advance their careers.
Presenting your leadership brand with confidence	Leaders poised for advancement can clearly and concisely communicate their unique contribution, based on their strengths, values, and the organization's needs. This workshop guides participants in exploring and articulating their leadership brand, helping them confidently and effectively convey what makes them unique.
Strategies to champion your career	There are many factors that contribute to a successful career. Using HNS Champion Your Career assessment, gain greater awareness of key components that can strategically advance your career and identify areas that need greater attention and build strategies that you can put into action immediately.
Strategies and stress relief for women leaders	The demands of life can be overwhelming, and women often bear the brunt of stressors both at home and at work. Build an understanding of the stress response and how it impacts our bodies and minds. Learn tools to help manage stress to better support yourself and your team.
Embracing a culture of allyship	Allyship is more than a buzzword; it's a commitment to action that fosters an inclusive, equitable, and diverse organizational culture. Participants will engage in a candid dialogue with a panel of senior leaders, exploring the dynamics of privilege and a framework to become more effective allies. We emphasize the importance of humility, courage, and the power of individual actions that are catalysts for change to reach fairness and equity.

Investment for Workshops

- **Virtual: \$8,000 with discounts available for multiple workshops.**
- **In-Person: \$10,000-15,000 depending on customization and number of facilitators.**

For more information visit www.hernewstandard.com.