

# Confidence TO LEAD

Group coaching  
programme



A 3 month group coaching programme helping women in their first few years of management gain confidence, communicate more powerfully and make more impact at work.



# Introducing **Confidence to Lead**

Through 7 group coaching calls involving teaching, peer breakout rooms, Q&A and coaching participants will learn how to master their mindset, communicate with clarity and confidence and influence others.

This teaching content is based on the proven Influence & Impact™ Framework which was developed from the 10 years Carla has spent coaching managers and leaders.

Group coaching is a powerful experience, giving them a chance to build their network, be inspired by others, reflect on their growth together and realise they are not the only one experiencing those thoughts, feelings and challenges.

## **AFTER THE PROGRAMME** **PARTICIPANTS CAN EXPECT TO...**



- Feel more confident in their ability as a leader, able to bring the best out of their team
- Confidently set clear boundaries and expectations with their team and delegate effectively
- Understand how to navigate internal discussions more successfully and influence sideways
- Have tools they can use to deliver feedback effectively
- Believe in themselves more
- Experience great levels of self-awareness and emotional intelligence
- Have improved their cognitive flexibility so they can look at challenges and situations from different perspectives
- Have a range of tools and approaches they can use for communicating and influencing

# Here's how **the programme** works...

## Session 1

### **WELCOME**

Introduction to the programme and each other, turning down the volume on your inner critic and meeting your Inner Leader.

## Session 2

### **TACKLING SELF-DOUBT AND IMPOSTER SYNDROME**

The 5 profiles of imposter feelings, reframing your unhelpful stories and beliefs and practical strategies for tackling imposter feelings.

## Session 3

### **DEVELOPING YOUR PERSONAL LEADERSHIP BRAND**

Uncover what kind of leader you want to be, your values, your superpowers and what your organisation and team need from you to create your own powerful and authentic approach to leadership.

## Session 4

### **STEPPING INTO YOUR AUTHORITY AS A LINE MANAGER**

How to claim the authority that goes with your role, set clear boundaries and expectations, deliver feedback and empower your team.

## Session 5

### **INCREASING YOUR IMPACT**

Learn how successful leaders think and how to use language and body language to have your voice heard

## Session 6

### **COMMUNICATING WITH CLARITY AND CONFIDENCE**

Learn the 6 steps to successful influencing, how to deliver feedback upwards and tools you can use to communicate powerfully.

## Session 7

### **REFLECTION, COACHING CLINIC AND Q&A WITH A PANEL OF FEMALE LEADERS**



## Plus these **bonuses** worth over £750

Participants also receive lifetime access to both the Lead From Within online course with more in-depth teaching material and the Leadership Skills Lab

### Leadership Skills Lab

Equip yourself with the leadership skills you need to feel confident as a leader & take the next step in your career with this online leadership development programme which includes 9 skills training modules...

- Delegation skills
- Influencing skills
- Leadership Styles
- Leading Under Pressure
- Managing Through Change
- Listening Skills
- Team Dynamics
- Coaching & Motivating Your Team
- Developing Your Emotional Intelligence

**PLUS** a library of expert interviews on topics including managing as an introvert, developing resilience, innovation and conflict management

#### Investment:



Discounts are available for organisations sending more than 2 participants.

#### Dates:





**Katie Coaker**  
Senior Project  
Manager

”Being part of a group of amazing independent talented women, leading across a wide range of different fields has been inspiring. It has provided a unique perspective on the course content for me. My key focus has been tackling perfectionism, and hot seat coaching in group sessions with Carla really moved my thinking and practice along.

I feel I am now definitely on the path to success! I really appreciate this experience and I would definitely recommend this course and working with Carla. Carla is extremely supportive, whilst being direct and getting to the point, a powerful combination!”

## About Carla



Carla Miller is a leadership coach who helps women become brilliant at influencing and make more impact at work. She has held leadership roles at a number of national charities and in the commercial sector and has raised over £20 million for good causes. Carla chairs sector panels on leadership, is the author of a book on leadership and the host of a podcast on leadership. She is passionate about supporting women to step into leadership roles with confidence.

*next steps...*

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[hello@carlamiller.co.uk](mailto:hello@carlamiller.co.uk) to  
request an invoice or ask  
further questions