

Womenology Masterclass – Programme outline

Module	Learning Outcomes	Course work
	Meet 'n Greet and info session Introduction to program and outcomes	
Values	<ul style="list-style-type: none"> • Understanding the importance of values • Values, morals and principles • Understanding personal boundaries • How values influence decisions and behaviour 	Values exercise
Goals and Problem solving	<ul style="list-style-type: none"> • Goal Setting formula and process • Overcoming obstacles/challenges • Creative and innovative thinking • Finding motivation • Tracking in monitoring progress and successes 	Goals exercise
Personal Relationships	<ul style="list-style-type: none"> • How our upbringing forms our relationship Blueprint • Relationship Cycle • Defensive behaviours • Conflict Management style • Relationship Evaluation 	Childhood Profile Adult Profile
Professional Relationships	<ul style="list-style-type: none"> • S.M.A.R.T Relationship principles • People/team dynamics • Corporate relationship cycle • EQ in the workplace • Dealing with a V.U.C.A environment • IQ, EQ, SQ, MQ, CQ, CRQ and FQ • Elements of dysfunctional teams • Courageous Conversations 	Relationship Evaluation Exercise
Functioning on Autopilot	<ul style="list-style-type: none"> • Functioning on Autopilot • Active vs Passive listening • Feedback vs. Criticism • Feedback filtering 	Feedback forward exercise
Leadership and mentorship traits	<ul style="list-style-type: none"> • Leadership vs Mentorship • Leadership Legacy • What does it take to be a good Leader/Mentor • Relationship P.E.R.F.O.R.M model • Personal Development Assessment 	Personal Development Assessment
Work/Life balance	<ul style="list-style-type: none"> • Understanding the 12 core areas of our life • Understanding the work/life balance myth • How to find the balance • Prioritising 'self' care • Practising 'self' care 	Work/life balance exercise