

**GLOBALTRAINING AND THE  
UNIVERSITY OF NICOSIA PRESENT**

**LIFE CHANGING  
IDEAS**

**AUTHENTIC LEADERSHIP  
FOR WOMEN:  
COURAGE, IMPACT, AND INFLUENCE**

# WHO IS IT FOR?

THIS PROGRAMME IS SUITED FOR MID-SENIOR LEVEL EXECUTIVES AND FOR ANY WOMAN ASPIRING TO BECOME A LEADER, MANAGE HER TEAM EFFECTIVELY AND LOOKING TO:

- BE AN EFFECTIVE AND AUTHENTIC LEADER
- BUILD YOUR GRAVITAS AND COMMUNICATE FOR MAXIMUM IMPACT
- INCREASE YOUR PERSONAL EFFECTIVENESS
- TACKLE NEGATIVE SELF-TALK AND QUESTIONS OF CONFIDENCE
- IDENTIFY YOUR KEY STRENGTHS AND ENERGISERS
- EXPAND YOUR INFLUENCE WITH A RANGE OF STAKEHOLDERS

**COACH  
ADVISER**

# GET READY TO BE COACHED BY A LEADER IN THE FIELD

CoachAdviser is a recognised leader in the professional coaching field. Beyond supporting executives with their team of highly skilled and accredited coaches, they train and accredit senior professionals globally to become coaches and mentors through their partnership with the European Mentoring and Coaching Council. Founder and CEO, Dr Rebecca Newton, was awarded the highest recognition in coaching, Master-level Practitioner, by the EMCC in recognition of her contribution to the field.

## CoachAdviser Approach

The CoachAdviser approach differs from other coaching philosophies - traditionally pure coaching offers solely non-directive methods. While, this approach is appropriate for some coaching engagements, CoachAdviser clients value having a coach with significant professional experience and expertise in leadership development. They appreciate the CoachAdviser unique approach of blending traditional coaching techniques and frameworks with an offer of practical insights and advice.



A close-up portrait of Natalie Braithwaite, a woman with long, light brown hair, wearing a dark blue top. She is looking directly at the camera with a slight smile. The background is softly blurred.

# MEET YOUR COACH

## NATALIE BRAITHWAITE

Natalie is an executive coach and a corporate wellbeing consultant, with over 15 years' experience. She works with individual clients, teams and organisations to create bespoke solutions that are scientifically driven, practical and sustainable.

Natalie has designed and delivered programmes and coaching for many clients, including American Express, Aviva, Barclays, BMW, BNP Paribas, Credit Suisse, Goldman Sachs, HSBC, Macquarie Bank, National Grid, Natixis and Nomura. She previously worked as the Professional Head of Nutrition for Nuffield Health UK, has worked on Harley Street as a Senior Nutritional Consultant.

An engaging speaker, facilitator and coach with a relational approach and a focus on strategic goals, Natalie works with leaders to quickly understand their challenges and help them bring about lasting change. She works with clients in a wide range of industries through one-on-one coaching.

Rebecca Newton Ph.D., is an Organizational and Social Psychologist and Senior Visiting Fellow at the London School of Economics and Political Science and faculty member on the Accelerated Leadership Program at Harvard Law School.

Newton is the is the Founder and CEO of CoachAdviser and works with firms and corporate clients globally, applying psychological profiling and behavioral diagnostic tools, coaching leadership teams and designing bespoke professional development programmes to drive behavioral change, collaboration, leadership capacity and growth. She is the author of *Authentic Gravitas: Who Stands Out and Why*.

Rebecca has advised leaders and professionals from organisations such as Accenture, American Express, AXA Partners, Bank of America, Coca-Cola Enterprises, Ericsson, EY, Google, HSBC, Industrial Bank of China, Mayer Brown, Microsoft, Mishcon de Reya, Nike, PwC, State Bank of India and the United Nations OHIM.

# MEET YOUR COACH

## REBECCA NEWTON



# WHAT YOU GET?

**5 COACHING SESSIONS**  
SCHEDULED ZOOM MEETINGS

**5 WEEKS** – ONE HOUR PER WEEK

**DATES:** 3, 10, 17, 24 NOVEMBER  
AND 1ST OF DECEMBER

**TIME:** 4-5 PM EET NICOSIA TIME

**WEEKLY INSTRUCTIONAL VIDEO**  
FROM REBECCA NEWTON SENT IN  
ADVANCE AS PREPARATION  
DISCUSSION, EXERCISES AND  
COACHING TIME WITH NATHALIE  
BRAITHWAITE

**NO. OF PARTICIPANTS: 50**



**LIFE CHANGING**  
**IDEAS**

# AUTHENTIC LEADERSHIP TOPICS

## WEEK 1

### Authentic Leadership

#### Video to be received in advance of session

- Authentic leadership is positively related to job performance, job satisfaction, work engagement and happiness, team empowerment, trust in leadership, organisational commitment, and even financial performance.
- Dr. Newton will unpack why Authentic Leadership matters, what difference it makes to you as an individual and within your organisations and how to be an Authentic Leader.

#### Live Coaching Session

- Apply practical tools to develop as an Authentic Leader
- Identify your values and learn how to communicate these with authenticity
- Recognise what stops you from being authentic and how you can minimise the gaps between your intention and impact

## WEEK 2

### Impact Model

#### Video to be received in advance of session

- Communicating with impact lies at the core of good leadership. With rapid changes to the way we engage with our teams and stakeholders, leaders require flexible frameworks that can support them in a range of communication scenarios.
- Learn how to prepare and deliver effectively and efficiently for important meetings and presentations using Dr. Newton's IMPACT MODEL.

#### Live Coaching Session

- Apply Dr Newton's IMPACT Model to a real-life challenging scenario to increase your communication effectiveness
- Engage your audience
- Manage challenging conversations by adapting your personal technique

## WEEK 3

### Courage, Confidence and Playing to your Strengths

#### Video to be received in advance of session

- Self-Leadership is the influence a person uses to control their own behaviour and thoughts, including behavioural and cognitive strategies intended to increase personal effectiveness and performance.
- Dr. Newton will unpack the strategies for self-leadership, how to tackle questions of confidence and choose to be a courageous leader and knowing how to maximise your natural energisers.

#### Live Coaching Session

- Learn how to cultivate a positive mindset and draw upon your unique strengths
- Learn to create new opportunities and tackle limiting beliefs and negative self-talk
- View challenges and obstacles in ways that energises you, allowing you to experience confidence and courage in overcoming them and achieving your goals.

# AUTHENTIC LEADERSHIP TOPICS

## WEEK 4

### Influencing Techniques

#### Video to be received in advance of session

- Drawing on insights from organisational psychology and applied neuroscience.
- Dr. Newton will look at the strategies for positive influence, and how and when to apply these techniques to increase your influencing effectiveness.

#### Live Coaching Session

- Explore your influencing style
- Learn what leads to influencing success and what hinders effective influence in a range of leadership contexts
- Use a targeted assessment to help you in a relevant current scenario

## WEEK 5

### Coaching Self & Others

#### Video to be received in advance of session

- Research suggests that participation in coaching is associated with increased goal attainment, enhanced solution-focused thinking, a greater ability to deal with change, increased leadership self-efficacy and resilience. (Source: Grant, A.M., 2013)
- Gain a greater understanding of what coaching is (and what it's not), the relevance of coaching to your role as leader and the impact on your own wellbeing.

#### Live Coaching Session

- This will be a practical session on coaching techniques to strengthen your relationships
- Equip you with strategies to help you build resilience and wellbeing in your work.





# LIFE CHANGING IDEAS

**AUTHENTIC LEADERSHIP FOR WOMEN:**  
COURAGE, IMPACT, AND INFLUENCE

BOOK NOW

€300

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