

## **LEADERSHIP PROGRAM**

# **Stand In Your Power: Redefining the Art of Being an Executive Mom**

This 8-week program is designed to help you conquer the guilt barrier and guide you as you make real changes that will enable you to successfully lead in both parts of your life. Doing the most at home and at work is a daily challenge, but we are here to help you master it.

### **WHO WILL GET THE MOST OUT OF THIS PROGRAM?**

#### **Women who...**

Are in a leadership position with 10+ years of experience

Want to advance in their careers but feel held back by the nagging pressure of "mom guilt"

Work in a corporate environment or own a business

Love engaging with new people and bringing fresh ideas to the table

Are ready to make a change and take action

During this program, we meet regularly as a group to discuss how you can unleash more capacity, develop strategies for achieving unlimited goals, and help each other realize it's possible to find success as an Executive Mom without compromising or apologizing. Together, we'll help you shift your focus to what really matters and challenge preconceived notions about what it means to be a working mom to transform how you see the world moving forward.

The fee for the 8-week program is only \$499.

### **How it works.**

We developed this program to work with the lives of busy working moms. Each week comes with a series of activities and work-sheets to reach our goals and see the shift. It also includes open office hours for group coaching discussions at designated times. And above all, no judgment, no filter, just genuine support.

**We are now accepting applicants for the upcoming session  
beginning October 4, 2023.**

## We Are ForthRight Women

We are leaders at work and beyond. We are ambitious, unapologetic, and challenging biases to redefine success not as a choice but as an expectation. Together, we are paving a new path to achieve a greater level of fulfillment for ourselves and the women who will come after.

## the prospectus.

This  
8-week program  
will cover the  
following topics:

### **WEEK 1 Standing Like a Sequoia**

As women, we assume we have to compromise to live the life we want, but there is another way. You can grow to your fullest potential when you learn the strengths you need to succeed are already within you—just like the mighty sequoia tree.

### **WEEK 2 Getting Out of Your Own Way**

Own your strengths by learning to stand in your power. We'll help you discover your value, identify what's holding you back, and show you what to do about it.

### **WEEK 3 Creating More Capacity**

Learn to master the art of Vigilant Leadership and build stronger, more independent teams across all areas of your life.

### **WEEK 4 Declaring and Seizing Your Vision**

It's time to revisit your dreams and focus on achieving them. Break your habit of simply reacting and start doing things with committed intention and purpose.

### **WEEK 5 Clearing the Path**

Our lives are full of curveballs and the unexpected. Learn how to be flexible yet set standards and establish boundaries to make space for your growth.

### **WEEK 6 Building Greater Capability**

You've established a plan; now it's time to execute. Put the principles of Vigilant Leadership into practice and watch your capability and productivity grow.

### **WEEK 7 Becoming Comfortable Prioritizing Yourself**

As the saying goes, you must care for yourself before you can care for others. Easier said than done, right? Identify what restores you and start investing in yourself.

### **WEEK 8 Continuing Your Progress**

You have come a long way, but personal growth is a constant journey. Learn how to stay on track, avoid old habits, and trust your intuition as you continue to evolve.

#### **HOW MANY WOMEN PARTICIPATE IN EACH PROGRAM?**

Because we want these sessions to foster collaboration and community, we keep each program cohort intentionally small—about 10 to 12 women for each 8-week course.

#### **I'M BUSY. AM I EXPECTED TO PARTICIPATE EVERY WEEK?**

For so many reasons, yes! First, our program is designed to build from week to week; each session informs the next one. Plus, every session is packed with exclusive content you won't want to miss. Second, there's a reason we are selective when it comes to who is invited to participate. We carefully choose participants so each cohort has the right mix of personality and perspective. One of the goals of this is to build relationships, and that takes time. We are looking for active participants who are ready to make a commitment to themselves and to their peers. That said, we understand all too well the push and pull of being a working mom and can make accommodations for those who must miss a session.



**Ready  
to join?**

Contact Laura at  
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