

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.

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.

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

How it works.

This 8-week program includes weekly 60-min group coaching sessions at dedicated times. We developed this program to work with the lives of busy working moms. Each week comes with a series of activities and worksheets to reach our goals and see the shift. No judgment, no filter, just genuine support.

the prospectus.

This
8-week program
will cover the
following topics:

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.

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 Holding Yourself Accountable

Our lives are full of unnecessary distractions. Learn to set standards and hold yourself to them, from cutting out toxic negativity to establishing boundaries.

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 strive for 20-30 members for each 8-week course.

ARE YOU JUGGLING MOM LIFE AND CAREER DREAMS?

Are you juggling mom life and career dreams? Conquer guilt, achieve unlimited goals, and thrive on your terms with Stand In Your Power On-Demand! This flexible program empowers you at your own pace, offering eight weeks of expert-led videos, downloadable guides, and practical exercises to help you overcome self-doubt, manage time like a pro, and unlock your true potential as a leader and a mom. Connect with a supportive community and learn anytime, anywhere, for just \$199. Don't wait; claim your power today!



Ready to join?

Register **here** for the facilitated and **here** for the on-demand programs!