

THE 7 PILLARS OF BUSINESS CONFIDENCE PROGRAMME

A series of **virtual workshops** giving **women** the framework they need to boost their **business confidence** and supporting **organisations** in developing their pool of **female leaders**.



STAND OUT . SPEAK UP . BE HEARD.



THE 7 PILLARS OF BUSINESS CONFIDENCE PROGRAMME

CORPORATE OFFER

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TESTIMONIALS

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"I am totally buzzing from this programme. This course was brilliant, inspiring and I cannot recommend it high enough."

Julie Kendrick - participant

Operations Customer Support at Siemens Mobility ITS

"I participated in the 7 Pillars of Business Confidence run by the wonderful Adie. The course introduced me to some incredible women that I would never have met had I simply kept my head down on the factory floor. The course boosted my confidence in my own abilities. That course was the best career decision I have made so far, creating connections with other factions of the company and showing my capabilities outside of mechanical assembly."

Sophie Coupe - participant

Wiring and Mechanical Assembly Operator at Siemens Mobility UK

"I was sat in a meeting with a Senior Manager and a Director recently and they were talking about a member of their team who had 'really developed' over the last few months and they were delighted. The lady they were talking about was a participant of the 7 Pillars Programme and I was delighted too! Change had been noticed!"

Suzanne Jennings

Business Excellence Manager at Siemens Mobility UK

"I was very impressed with the power and engagement of the participants on the 7 Pillars of Business Confidence Programme. My greatest respect - we need more of this in ITS!"

Wilke Reints

Managing Director, Siemens ITS UK

"Just used the passion formula and I feel like I have the keys to the universe!! 🤩 I got the biggest yes and praise for my great idea!!!! It was amazing!! So grateful to be on the programme!!! 😊"

Natalie Scammell

International Business Manager, Astute Electronics Ltd



TESTIMONIALS

I have used a lot of the techniques in day to day meetings and negotiations. I have been more mindful of the language I use and have dedicated more time to reflect and think about my value to the business

I am better at my job. I have more confidence in my skills and am more willing to put myself forward for opportunities. I have more awareness of my impact on the business and how I can get the best from my skillset to work with others.

My confidence has grown when talking to colleagues and managers when giving my opinion on why we should follow certain processes etc. I feel like my voice can now be heard and it has helped to demonstrate my full capabilities.

I am more confident - more articulate - more focussed and delivering better results both personally and in my role and I'm happier !

My job is to work closely with the project team to plan and report status to our internal and external clients. The course helped me build my confidence and tone down that self doubt and inner critique. I'm not afraid to share my views and contribute

I am more confident to speak up and share my ideas and opinions in meetings. People have started to listen to me.

I am now a Line Manager - I asked for more responsibility and I got it and I would never have done this before the training. I am also mentoring women in the business using the tools and techniques that Adie taught me and I am seeing them develop

THE 7 PILLARS OF BUSINESS CONFIDENCE PROGRAMME

In 3 words please describe the main outcomes you received from completing the programme?



THE 7 PILLARS OF BUSINESS CONFIDENCE PROGRAMME

Nominated for 2022 Women In Rail AWARDS - Best Training or Development Programme

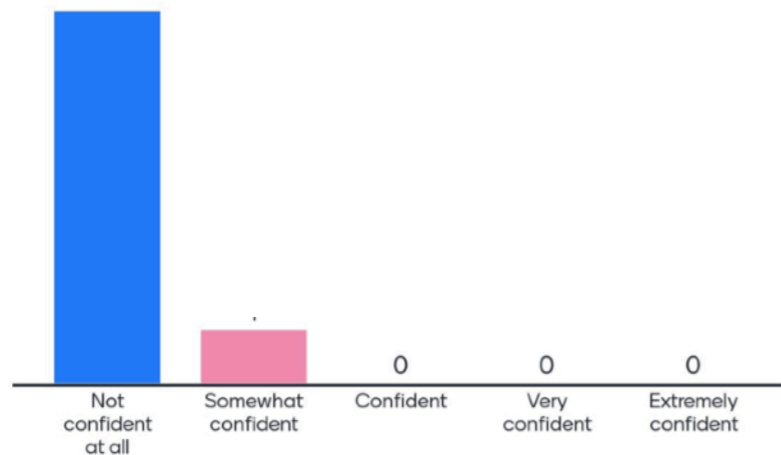
3rd year running

8 Programmes

64 women (and counting!)

Designed to help the 7 Pillars Graduates achieve these incredible outcomes:

Before you started the programme how confident did you feel about standing out, speaking up and being heard?



How confident do you feel now about standing out, speaking up and being heard?



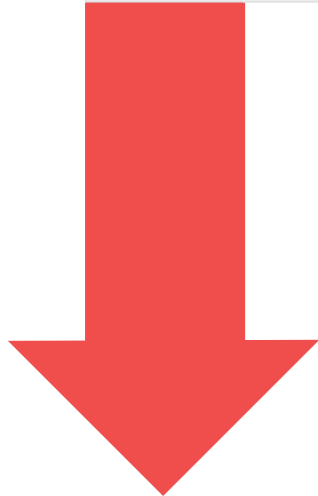
PROGRAMME OVERVIEW

THE 7 PILLARS OF BUSINESS CONFIDENCE PROGRAMME - OVERVIEW



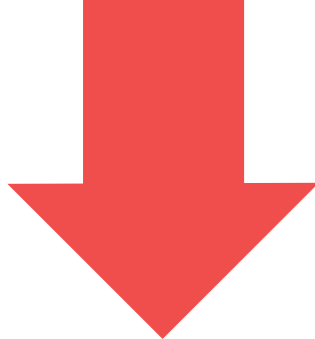
THE 7 PILLARS OF BUSINESS CONFIDENCE PROGRAMME - DETAILS

✓	TOPIC	LEARNING OBJECTIVE
WEEK 1	Introduction to the 7 Pillars of Business Confidence	This first session is for all of us to get to know each other better. Time to discover the elements of the 7 Pillars of Business Confidence and to set your own personal objectives for the programme.
WEEK 2	Find Your Personal Power Video content & exercise	Learn how to manage bouts of impostor syndrome by harnessing your personal power to establish your credibility and make the right personal impact.
WEEK 3	Find Your Personal Power 120 min Virtual session on Teams or Zoom	Practice your Personal Power - a practical and hands on session to practice, ask questions and receive individual feedback.
WEEK 4	Find Your Voice Video content & exercise	Find you natural voice and learn how to express your feelings, thoughts and ideas with sincerity, assertiveness and confidence.
WEEK 5	Find Your Voice 120 min Virtual session on Teams or Zoom	Find Your Voice - a practical and hands on session to practice, ask questions and receive individual feedback.



THE 7 PILLARS OF BUSINESS CONFIDENCE PROGRAMME - DETAILS

✓	TOPIC	LEARNING OBJECTIVE
WEEKS 6 - 9	Keep an Open Mindset Individual Motivational Map debrief sessions	Identify what truly motivates you, what your career vision is, how it fits into your organisation's strategy and how your mindset influences your success. These 60 minute sessions will allow you to get to know yourself better and how how react
WEEK 10	Team Motivational Map 120 min Virtual session on Teams or Zoom	Discover how the knowledge of your own and others' motivational needs impact your organisation's, team's and most importantly your career success.
WEEK 11	Speak to Inspire Video content & exercise	Learn and practice a simple but effective structure to help you communicate with clarity, ensuring everyone around you has a crystal-clear understanding of the outcome you wish to achieve, especially in a male-dominated environment.
WEEK 12	Speak to Inspire 120 min Virtual session on Teams or Zoom	Practice what it feels like to be heard - a practical and hands on session to practice, ask questions and receive individual feedback.
WEEK 13	Win Hearts and Minds Video content & exercise	Manage your own emotional state as well as the emotions of others, understand how it affects outcomes, performance and result, and learn how to deal with disagreement in an assertive and calm manner.
WEEK 14	Win Hearts and Minds 120 min Virtual session on Teams or Zoom	Put your Emotional Intelligence into practice - a hands on session to practice, ask questions and receive individual feedback.



THE 7 PILLARS OF BUSINESS CONFIDENCE PROGRAMME - DETAILS

✔	TOPIC	LEARNING OBJECTIVE
WEEK 15	Claim Your Fame (Video content & exercise)	Discover the elements of professional success, how they impact women's advancement at work and <i>your</i> business career.
WEEK 16	Claim Your Fame 120 min Virtual session on Teams or Zoom	Practice how to Claim Your Fame - a practical and hands on session to practice, ask questions and receive individual feedback.
WEEK 17	Claim Your Space (Video content & exercise)	Learn and practice an easy, but useful formula to push back and say no without damaging your relationship with those around you.
WEEK 18	Claim Your Space 120 min Virtual session on Teams or Zoom	Practice how to Claim Your Space - a practical and hands on session to practice, ask questions and receive individual feedback.
WEEK 20	The Presentation : Your Journey	Share your journey, your main takeaways and plan of action with your managers, colleagues and leaders of your organisation in a 10 minute inspiring presentation.
	PLUS	
+	3 x 45 minute one-to-one coaching for each participant	Back in the workplace, learning is nothing without implementation. This programme includes three individual one-to-one coaching sessions to ensure continued development, embed behavioural change and address individual challenges in order to achieve business confidence and high performance.

YOUR TRAINER

YOUR TRAINER



Adrienne Saunders

Master Trainer and Business Coach
Founder of Yes You Can Training and
Co-Founder of Wine Women Wisdom

A professional, articulate and driven corporate trainer with over 10 years of experience in building highly effective teams for a wide range of small, medium and multinational companies such as General Electric (Engineering), Promod (Retail Fashion), Gold's Gym (Leisure) & Sweaty Betty (Luxury Sports Retail).

I've graduated from the Master Trainer Institute in Geneva and worked delivering training to organisations across a diverse range of industries including Deloitte, the Green Party, LV=, BAE Systems, Leica Geosystems and Siemens.

My background is in team gymnastics, having personally achieved World and European Championship medals. Reaching that level requires resilient teamwork, crystal clear communication, with a constant evaluation of performance and reflection on how to improve.

These sporting skills have driven my success in business which I now get to share with professionals inspiring them to reach their full potential.

I have been mentoring for over 10 years, specialising in supporting women in building up and strengthening their business confidence in order to achieve their career goals.

As a transformational coach I have made it my mission to give people the techniques they need to learn more about themselves and their way of reacting to the world.



SUMMARY AND PRICE

THE 7 PILLARS OF BUSINESS CONFIDENCE PROGRAMME

A 20-week programme with a series of confidence boosting virtual workshops, specifically designed for the female talent in your organisation.

Small group numbers (maximum 8 participants) to achieve long lasting results through plenty of individual attention and feedback.

Conveniently scheduled and delivered virtually to fit your needs.
(In person sessions can be arranged on demand - additional charges apply)

Includes :

- 👩 20-week business confidence development programme
- 👩 Video pre-work
- 👩 individual workbooks
- 👩 Three additional 45-minute one-to-one coaching sessions for each participant
- 👩 Membership in the 7 Pillars of Business Confidence community
- 👩 Monthly online social gathering

Price : £950 per person (maximum 8 participants)

FAQS

THE 7 PILLARS OF BUSINESS CONFIDENCE PROGRAMME

FREQUENTLY ASKED QUESTIONS

WHAT IS IT?

A series of confidence boosting virtual workshops combined with video tutorials and practical exercises so that it is the most convenient blend both for participants and their organisation.

HOW LONG ARE THE SESSIONS?

The monthly virtual sessions (Teams or Zoom) are 120 minute long with an additional 15 minute soft ending, making sure that you don't have to stop mid-sentence at the end of a session!

HOW DO THE VIDEO TUTORIALS WORK?

10 days prior to the virtual sessions you will receive a link to your video tutorial to watch and an assignment to help you reflect on the upcoming topic. These video tutorials can be watched in your own time, making it a convenient way to prepare for the sessions.

WHAT TOPICS ARE WE GOING TO COVER?

We will cover the 7 Pillars of Business Confidence, but let me know if there's a specific challenge you'd like guidance on and we'll make sure it's included.

DO I HAVE TO ACTIVELY PARTICIPATE?

We won't force you to do anything 😊, but...

the sessions are pragmatic, interactive, engaging and you'll receive plenty of professional feed-back and advice.

CONTACT DETAILS

YES YOU CAN TRAINING CONTACT DETAILS



Adrienne Saunders

Master Trainer and Business Coach
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