



A Training Day for Women Leaders & Mentors in the Non-profit Sector

Strengthen the Voice of the Inner Coach to be Stronger than the Inner Critic

Co-sponsored by The Resilience Group & The Collaborative Leadership Project

Facilitated by Dr. Beth Weinstock and Dr. Jane Shure of The Resilience Group

Good leadership involves advocacy, self-confidence, taking risks and maintaining resilience. When these core competencies are met with self-doubt, a leader's power is diminished. All too often, highly successful women struggle to counteract the impact of their Inner Critic - one of the most powerful inhibitors of leadership potential. This workshop presents our *Resilient Leadership Model* for creating an Inner Coach that counteracts the Inner Critic. It explores the origin and tenacity of the Inner Critic, teaches specific guidelines for modifying "self-talk" from negativity to positivity & dispels the myth that motivation is dependent on being stern with oneself. This training has been presented to a wide range of audiences who found it valuable for women at all levels of leadership development.

Workshop Participants Can Expect To:

- Develop awareness of specific challenges for women in leadership & how to overcome them
- Discover *The Resilient Leadership Model* for modifying "self-talk" from negative to positive
- Learn how to counteract thinking that activates fear, insecurity and doubt
- Increase skills that inspire high team morale and promote a focus on strengths

Thursday, April 18th, 2013

Where: National Parks Service, 200 Chestnut Street, Phila. (see www.nps.gov/nero/Phila/ for directions)

Cost: Early Bird: \$135 before April 1
Groups of 3 or more: \$125
After April 1: \$160 (Lunch included for all)

Time: 9-9:30 registration 9:30-4:00 program

Register: theresiliencgroup.com - Upcoming Events

For Questions: Call Beth Weinstock (610) 664-2996 or Jane Shure (215) 849-3153

For: supervisors, program managers, project directors, department heads, HR directors

Join us for a day of learning, engagement, productive laughter and skill building for a strong Inner Coach.

"This workshop gave practical and sustainable strategies we can all use to become better leaders"

"The training was a great investment of time for our team"

Dr. Beth Weinstock & Dr. Jane Shure, principals of **The Resilience Group**, are dedicated to empowering women leaders and supporting their continued growth and success: theresiliencgroup.com **Collaborative Leadership Project**, spearheaded by Pat Sanaghan, is committed to being the premier leadership development organization for non-profit leaders in the Philadelphia region: collaborativeleadershipproject.org

FOR PENNSYLVANIA SOCIAL WORKERS, MARRIAGE AND FAMILY THERAPISTS, AND PROFESSIONAL COUNSELORS: This program is approved for 6 CE credits for professional workshops sponsored by the Pennsylvania Society for Clinical Social Work, a state affiliate of the Clinical Social Work Association listed in Section 47.36 of Title 49, Chapter 47 of the PA Code, State Board of Social Work Examiners. This program is also approved for 6 CE credits for professional workshops for marriage & family therapists (Section 48.36) and professional counselors (Section 49.36).

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