



Leading with Power and Grace

A Personal and Professional Programme for Women Deepening into their own Trustworthy Rhythms and Authority

A 6 part online programme: 4.00pm to 6.00pm UK time on Tuesdays February 13th, 20th and 27th and March 5th, 12th and April 9th 2024

Sarah Rozenhuler and Sarah-Jane Menato

Our invitation to women in stormy times is to invest in their capacities to lead authentic, sustainable and inclusive lives.

Given the fast-changing, multi-faceted nature of the vast arc of challenges in our world, we increasingly need to depend on our inner capacities to “meet” what comes both to and through us with power and grace

- What might be possible if I led from my own authentic place of power?
- If I was more at ease in my own authority, what impact might that have on those around me?
- How might I fully engage both my ‘being’ and ‘doing’ in my own unique way?

Leading with Power and Grace is a highly participatory six part deep dive that provides practical tools, deep insights and authentic companionship. We explore how you can root more deeply into your own underdeveloped strengths and include undervalued feminine capacities such as embodied knowing, cyclical awareness and surrendering to what wants to happen.

Participating in this programme will enable you to access and lead your life from new ground as a woman whether you are:

- Engaged in front line work in the private, public or third sector
- Bringing to an end structures that no longer serve, or creating new life affirming ones
- Experiencing a sense of transition in your personal or professional life (or both.)

Programme & Booking Details

WHEN

A 6 part programme from 4.00pm to 6.00pm UK time on Tuesdays February 13th, 20th and 27th and March 5th, 12th and April 9th 2024

WHERE

Online

PRICES

Standard rate (organisationally sponsored): £895

Self sponsored/sole traders/education/ third sector: £595

Returners rate for women who have previously attended: £395

Bursaries are available, please ask

BOOKING

To register or for further information please contact:

07971 977774 /

sarah@bridgeworkconsulting.com or

01386 701648 /

sjm@sjmcoachingandtraining.co.uk

The benefits:

Participating in this programme supports you to:

- Access untapped strengths essential for your leadership and wellbeing
- Connect to deep wisdom in times of endings
- Anchor in your own deep and innate sources of power and grace
- Take action with greater confidence from a place of trust and courage

By exploring the creative tension between “building” and “birthing”, “creating” and “incubating”, “deciding” and “allowing”, “completing” and “dying”, unfledged power and grace come out of confinement. Leading with Power and Grace backs each woman to show up fully because she is essential in addressing the 21st century challenges that are facing us all.

Programme Overview:

Week 1. “Dialogue” – restoring proper integrity to language, words and their powerful role in the shared experience of flow and feminine ground

Week 2. “The Creative Process” - Introducing the distinction between building, goals and strategy and birthing and fulfilment

Week 3. “The Seed Graphic” an invitation to the often neglected territory of cyclical rhythms and life sustaining conditions

Week 4. “The Four Forces” - as part of the conditions that enable embodied wisdom and guidance, and action in service of life

Week 5. “Endings” – the importance of endings and understanding their role in creative possibility

Week 6. Integrating on-going learning after the programme and nourishing connections formed

Co-created by:



Sarah Rozenthuler

Sarah Rozenthuler is a leadership consultant, dialogue coach and published author with over 15 years' experience working internationally as a professional psychologist across Europe, Asia, Australia and the USA. Sarah has coached and facilitated at senior levels for clients including BP, Rolls Royce, Intellectual Property Office, Standard Chartered Bank, World Bank and International Finance Organisation. With extensive, in-depth expertise in leadership development, Sarah specialises in coaching senior leaders and their teams to tune into their deeper purpose, resolve systemic challenges and have the conversations that matter most. Sarah is a Chartered Psychologist and accredited workplace mediator. Life-Changing Conversations, Sarah is the author of two books, How to Have Meaningful Conversations and Powered by Purpose. Her work has been widely featured in the media, including the Guardian, the FT, the Sunday Times and the BBC online.



Sarah-Jane Menato

Working as a coach, facilitator, author and consultant Sarah-Jane runs her own Cotswold based business. She is a perceptive guide inviting people off well-worn paths, into their next iteration, and a future that's emerging for them. She designs and delivers workshops and retreats that include; leadership development, re-defining success, and business start-up programmes for women. She mentors women entrepreneurs and also runs workshops using archetypes and myth as doorways to greater creativity and imagination as everyday resources. Sarah-Jane also works with people to resource them in support of an open hearted experience of endings. Her book, “Ariadne’s Thread and The Myth of Happily Ever After” was published July 2018



Testimonials

“Leading with Power and Grace gave me a chance to decompress but engage in very valuable, useful information. It felt hugely cathartic and the chance to hear other women’s experiences and learn from them was enormously beneficial.”

*Annabel Archer,
Executive Editor CNN*

“A deeply practical and inspiring way for women to become aware of and own their authentic power.”

*Dunke Afe,
Global Brand Director, DIG, Unilever*

“This programme beautifully balances knowledge and guidance with space for personal exploration. I experienced aspects of feminine leadership which felt both startlingly new and yet ancient and familiar. I have come away with tools and renewed appreciation of my own leadership qualities.”

*Sophia Hill,
Events Professional*

“What a life-changing impact the programme has had. It enabled me to understand what has been holding me back and gave me the bravery to make changes.”

*Emma Elliott,
Entrepreneur and Mother of two girls*

“The two days opened time to re-imagine and own what it means to be a female leader.”

*Nicola Jones,
Mother and Business Founder*

“The programme encouraged me to speak in my own voice, from my own body, and to trust myself to recognise what is true for me.”

Sarah Peak