

Women's Leadership Development Program


Encouraging leaders through personal and professional development

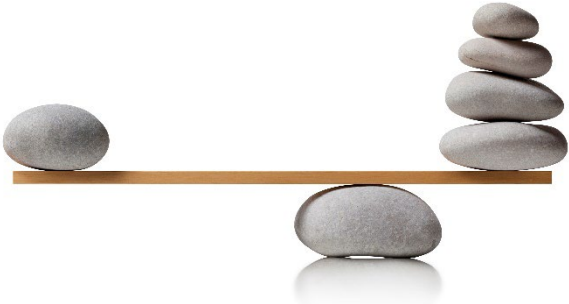
Monthly Leadership Discussions

Leadership is a journey of learning and growth. We explore thought-provoking books, breakthrough ideas, and simple strategies to level up personally and professionally. Our goal is to inspire and equip you with the tools to lead with confidence and impact. The first Thursday of the month, 9 AM (typically).

(Our schedule is subject to change, please view our calendar on the [WLDP website](#) for the most up to date information.)



Winter 2025	Topic	Resources
January 9 9:00-9:45 AM	Job Crafting: For a more fulfilling 2025	Job crafting empowers employees to reshape their roles to better fit their needs, goals, and skills. Join WLDP to explore ways to create more fulfilling and positive jobs for a better 2025!
		The Happiness Lab with Dr. Laurie Santos Working Your Way to Happiness (44:00 audio) VIA Institute on Character – access to a free character strengths survey (registration is required but purchasing basic results is not) Strengthsfinder 2.0 from Gallup, Discover Your CliftonStrengths by Don Clifton

Winter 2025	Topic	Resources
February 28 9:00-9:45 AM	Restorative Justice	Restorative Justice is a philosophy that repairs harm from crime or conflict by engaging victims, offenders, and the community. It prioritizes accountability, healing, and relationship rebuilding through dialogue, mediation, and collaboration. Join WLDP in conversation with a community practitioner.
		Center for Justice Innovation The neuroscience of restorative justice Dan Reisel , TED (14:35) Restorative Practices in Schools Have Power to Transform Communities Liz Knapp TEDxMcMinnville , TEDx Talks (17:08) The Little Book of Restorative Justice by Howard Zehr



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Winter 2025

Topic

Resources

March 6, 2025
8:00 AM to
5:15 PM

Women's Leadership Summit
MARCH 6, 2025

<https://rde.stanford.edu/womens-leadership-summit>



CULTIVATE YOUR EXCELLENCE.

April 3, 2025
9:00 to 9:45 AM

Discover the Future of Workplace Engagement with WLDP



Join us for a dynamic conversation on workplace engagement! Discover powerful strategies to empower high performers, dive into the 5 Cs of engagement, and explore how positive psychology fuels success. Let's redefine engagement and unlock the potential of thriving organizations. You won't want to miss it!

HBR Article that will be referenced during call -
<https://hbr.org/2024/06/3-ways-to-build-a-culture-that-lets-high-performers-thrive>

Book reference within HBR article -
https://www.amazon.com/dp/0062373986/ref=cm_sw_r_tw_dp_0K487BCPZ7BP7VVVG0JW

5Cs of Employee Engagement -
<https://hortoninternational.com/the-5-cs-of-employee-engagement/>

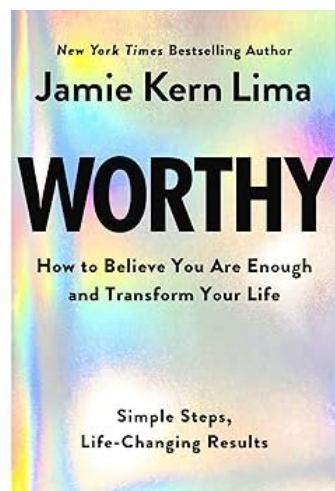
Spring 2025

Topic

Resources

May 1, 2025
9:00 to 9:45 AM

Book Discussion



Join us May 1st, as we explore the book "Worthy" by author Jamie Kern Lima. Jamie, a former TV Journalist, turned entrepreneur, discusses how to believe you are enough and transform your life. You are WORTHY!

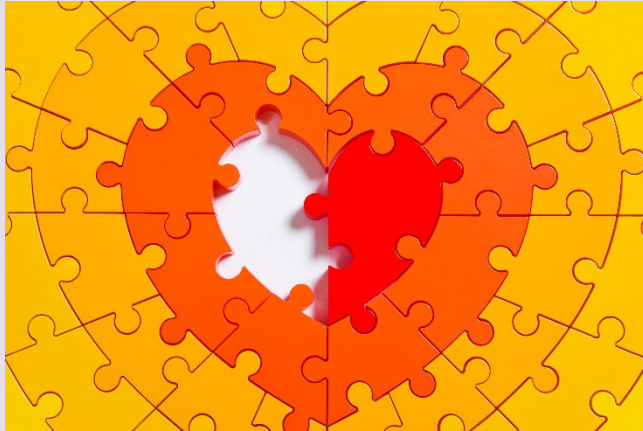
[Worthy: How to Believe You Are and Transform Your Life](#), by Jamie Kern Lima



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Summer 2025	Topic	Resources
July 10 9:00 to 9:45 AM	Choose Your Power of Forgiveness: Live a life of improved health and peace of mind	Join our discussion on activating our choice to forgive ourselves and others. Learn about the benefits of forgiving someone. Letting go of grudges and bitterness can make space for fulfillment. Forgiving the Unforgivable Rhiannon Baker TEDxUTulsa (9:41 mins) Importance of Forgiveness with Johns Hopkins psychiatrist Karen Swartz, M.D. (5:45 mins) How To Forgive with the School of Life Social life couldn't continue if we didn't have some capacity for forgiveness. (3:34 mins) Why You Must Forgive Yourself To Release Guilt – Lisa Nichols (13:18 mins)



Summer 2025	Topic	Resources
August 7 9:00 to 9:45 AM	Fostering Inclusion at Work	Join us for an inspiring conversation on creating a truly inclusive workplace. Explore how inclusive language and a strong sense of belonging can fuel collaboration, spark innovation, and promote equity. Together, let's build a workplace where everyone thrives. Don't miss this opportunity to make a difference! The Remix: How to Lead and Succeed in the Multigenerational Workplace by Linsey Pollak Better Allies: Everyday Actions to Create Inclusive, Engaging Workplaces by Karen Catlin How generational stereotypes hold us back at work Leah Georges TED (11:35)



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Summer 2025

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Resources

September 4
9:00 to 9:45 AM

The People-Pleasing Trap: Finding Your Voice in the Workplace



Do you struggle to say no, even when you're overwhelmed? Do you hold back concerns to avoid conflict? People-pleasing may seem like a strength, but it can lead to burnout, resentment, and missed opportunities for growth. In this talk, we'll explore why people-pleasing happens, how it impacts workplace dynamics, and—most importantly—strategies to set healthy boundaries while maintaining positive relationships. Learn how to advocate for yourself with confidence and create a work environment where both you and your team can thrive.

[How to Stop Being a People Pleaser](#) The School of Life (5:31)

[Confessions of a Recovering People Pleaser](#) | Baron Ryan | TED (8:32)

[You can't please 'em all – people-pleasers and psychiatric injury in the workplace](#)
4 August 2021, Jemma Barnard

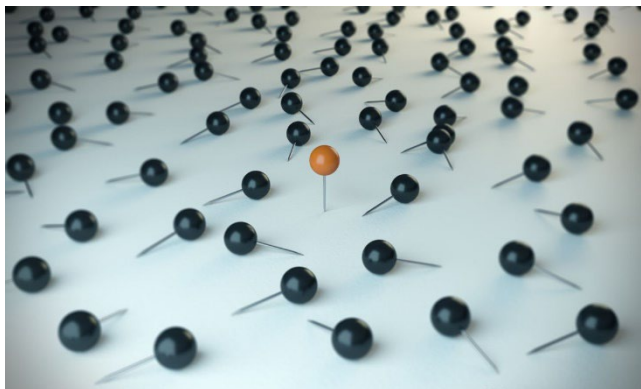
Autumn 2025

Topic

Resources

October 2,
9:00 to 9:45 AM

How to Build Healthy Relationships at Work



Building connections can help drive collaboration and success at work. Strong relationships accelerate your learning curve, enhance teamwork, and open doors to new opportunities. In this talk, we'll explore why relationship-building is crucial, practical strategies to establish trust quickly, and actionable steps to integrate seamlessly into a team. Learn how to build meaningful connections that set you up for long-term success.

[How to Build Real Relationships at Work](#)
by Gorick Ng, August 19, 2022. Harvard Business Review

[How To Build Good Working Relationships at Work](#) Written by Indeed Editorial Team, Updated July 30, 2024



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Autumn 2025

Topic

Resources

November 6
9:00 to 9:45 AM

The Power of Thankfulness: Cultivating Gratitude for a Better Life



Thankfulness is more than just a feeling—it's a powerful tool for improving well-being, strengthening relationships, and fostering resilience. In this discussion, we'll explore what thankfulness is, why it matters, and how to practice it in daily life. Learn simple, effective ways to cultivate gratitude, boost your mood, and enhance both personal and professional connections.

[The Science of Gratitude & How to Build a Gratitude Practice](#) Andrew Huberman (1:25:56)

[Want to be happy? Be grateful | David Steindl-Rast](#) TED (14:30)

[Giving thanks can make you happier](#)

August 14, 2021, Harvard Health Publishing, Harvard Medical School

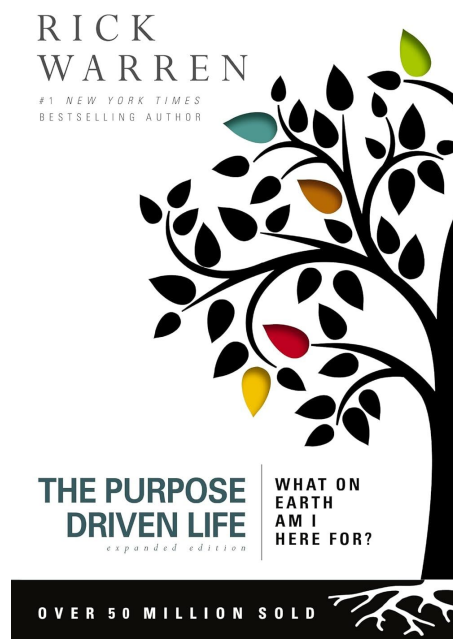
Autumn 2025

Topic

Resources

December 4
9:00 to 9:45 AM

Finding Your Purpose: Why You're Here and What It Means



What is the purpose of your life? Many search for meaning through careers, achievements, or personal fulfillment, yet true purpose starts with something far greater. In this discussion, we'll explore why self-reflection alone can't reveal your purpose, how looking beyond yourself leads to clarity, and why understanding your role in a bigger plan brings lasting fulfillment. Join us for an eye-opening conversation on discovering the purpose you were created for.

[The Purpose Driven Life: What on Earth Am I Here For?](#) November 21, 2012, By Rick Warren

[A life of purpose | Rick Warren](#) TED (21:47)

[What On Earth Am I Here For | The Purpose Driven Life by Rick Warren Bible Study | Promo](#) HarperChristian Resources (1:26)

