

Women's Leadership Development Program

Encouraging women leaders through personal and professional development

Networking Breakfast 1st Thursdays, 9 AM over Zoom

We meet the **first Thursday of the month** over Zoom to work hands-on over topics and material to help better manage ourselves, our teams and to navigate the world around us.

Winter 2024

Topic

Resources

January 11

Personal Mission Statement



Join us at the Personal Mission Statement Workshop and embark on a journey of self-discovery that will shape your destiny. Discover your purpose, chart your course, and set sail towards a future filled with passion and fulfillment. We can't wait to see you there!

[A Personal Mission Statement: Your Road Map to Happiness](#) by Michael Stawicki (1 hr 10 min)
[How to Write a Personal Mission Statement](#) by Jennifer Herrity
[How to Develop Your Personal Mission Statement](#) by Stephen R. Covey (3:13)

Winter 2024

Topic

Resources

February 1

Learning Programs Available to Stanford Employees

See what people at Stanford University are learning this week



COURSE
Centered Communication: Get Better Results from Your...
1 person at Stanford University is learning



COURSE
Communicating with Confidence
1 person at Stanford University is learning



COURSE
Management Tips
1 person at Stanford University is learning



COURSE
Employee Experience in a Business World
1 person at Stanford University is learning

Did self-development make it on to your resolution list? Come to this workshop to learn where and how to access programs available to Stanford employees and get started on creating the new and improved you.

[Learning at Stanford](#)
[Linked in Learning](#)
[Free Learning Platforms](#)

Winter 2024

Topic

Resources

March 7

The Apology Workshop



At some point in our lives, we all make mistakes or find ourselves in situations where an apology is needed. Learning to apologize effectively is a crucial skill that can mend relationships, restore trust, and foster personal growth. Don't miss out on the opportunity to enhance your apology skills—join us for the Apology Workshop!

[8 Ways to Apologize Well](#) by Angela Haupt
[The Power of Apologies](#) Harvard Medical School
[Forgive for Good: A Proven Prescription for Health and Happiness](#) by Dr. Fred Luskin

Women's Leadership Development Program

Encouraging women leaders through personal and professional development

Spring 2024

Topic

Resources

April 4

Leadership Styles



Effective leaders often combine elements of different leadership styles depending on the situation and the individuals they are leading. The most successful leaders are adaptable and can switch between styles as needed to achieve their goals and support their team's growth and development.

[How to Lead: 6 Leadership Styles and Frameworks](#) by Kendra Cherry

[Top 8 Leadership Styles - Definitions & Examples | Indeed Career Tips](#) (13:42)

Spring 2024

Topic

Resources

May 2

Time to Focus on Your Self-Care: Taking Care of your Well-Being Through Restorative Activities



Self-care is more than just bubble baths and spa days—it's a holistic practice that nourishes your mind, body, and soul. It's about cultivating habits and routines that promote physical and mental health, reduce stress, and enhance your overall quality of life. Come to our workshop to learn about how you can improve your overall quality of life.

[Self Care: What It Really Is | Susannah Winters | TEDxHiltonHeadWomen](#) (9:58)

[10 daily healthy habits for a better you 🦋 2023 glow up](#) (11:01)

[10 Easy Self-Care Ideas That Can Help Boost Your Health](#) by Emily Laurence

Women's Leadership Development Program

Encouraging women leaders through personal and professional development

Spring 2024

Topic

Resources

June 6

Life Purpose Workshop



Join us at the Life Purpose Workshop and embark on a life-changing journey to uncover your true purpose. Don't wait to start living a life that aligns with your deepest desires and values. Your path to a more meaningful and purpose-driven existence begins here. We're excited to guide you on this transformative journey!

[How to find your Ikigai » 7 Lifestyle Habits for a Happier You](#) (9:00)

[Allow things to unfold and you will find your purpose in life | Peggy Oki | TEDxQueenstown](#) (16:34)

[What Is My Purpose Quiz? How To Find Your True Life Purpose in 2023](#) by Jane Ng

Summer 2024

Topic

Resources

July 11

Effective Communication and Feedback Workshop



Teaches managers how to communicate clearly, actively listen, and provide constructive feedback.

Emphasizes the importance of non-verbal communication and emotional intelligence.

[Feedback on Communication: 8 Tips for Effective Feedback](#), by MasterClass (3 min read)

[10 Tips For Effective Communication In The Workplace](#) by Christiana Jolaoso

[The secret to giving great feedback | The Way We Work](#), a TED series (5:01)

Summer 2024

Topic

Resources

August 1

Mastering the Art of Managing Up



Join us at the Managing Up Workshop and empower yourself with the skills needed to excel in your career. Discover how to navigate the dynamics of working with superiors and build strong, productive relationships that lead to success. Your path to professional growth starts here. We can't wait to see you there!

[What is Managing Up? | Corporate Trainer Dana Brownlee](#) (8:37)

[Guide to managing up: What it means and why it's important](#) by Alexi Crowell (6 min read)

Women's Leadership Development Program

Encouraging women leaders through personal and professional development

Summer 2024

Topic

Resources

September 5

Cultivating Engaged Teams



Join us at the Cultivating Engaged Teams Workshop and empower yourself with the tools and knowledge to foster a culture of engagement, collaboration, and success. Your team's journey to peak performance starts here. We look forward to seeing you and your team thrive!

[Managing Yourself: How to Cultivate Engaged Employees](#) by Charalambos Vlachoutsicos

[Trusting Teams | THE 5 PRACTICES](#)
Simon Sinek (9:16)

Autumn 2024

Topic

Resources

October 3

Crafting Your Unique Brand: A Workshop on Personal Branding



In today's competitive and interconnected world, your personal brand is your most valuable asset. Whether you're an aspiring leader or seasoned professional, your personal brand defines who you are, what you stand for, and how you're perceived by others. It's the key to unlocking exciting opportunities, building a loyal audience, and achieving your goals.

[5 Steps to Building a Personal Brand You Feel Good About](#) | The Way We Work, a TED series (6:14)

[A New Approach to Building Your Personal Brand](#)
by Jill Avery and Rachel Greenwald

Autumn 2024

Topic

Resources

November 7

Navigating Harmony: Conflict Resolution and Mediation Workshop



Conflict is an inevitable part of life, and how we manage it can make all the difference in our personal and professional relationships. The ability to resolve conflicts effectively and mediate disputes is a valuable skill that can lead to healthier interactions, increased productivity, and stronger connections with others.

[Conflict Resolution: 8 Ways to Resolve Conflict in the Workplace](#) (9 min read)

[3 ways to resolve a conflict](#) | Dorothy Walker | TED Institute (8:50)

Autumn 2024

Topic

Resources

December 19

Women's Leadership Development Program

Encouraging women leaders through personal and professional development