

# Women in Leadership

PROGRAMME 2024

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Embrace Your  
**Warrior Spirit**

# Introduction

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In an environment seeking transformation and genuine progress, the Regenesys Corporate Education Women in Leadership programme transcends boundaries and challenges delegates to embark on an extraordinary journey of self-discovery and empowerment.



## WHY SHOULD YOU ATTEND?

- Understand yourself better as a person and leader.
- Recognise blind spots and bias and use your true power in a way that contributes authentically to your environment.
- Drive change in your organisation and, ultimately, in society.
- Mentor the next generation of women to feel empowered to take up the leadership challenge.
- Embrace your Warrior Spirit of wisdom and courage.

## WHO SHOULD ATTEND?

- Women and men who are passionate about driving positive change.
- Executives, professionals, entrepreneurs, and aspiring leaders who seek to embrace inclusive leadership.
- Individuals and organisations seeking valuable tools and skills to create lasting impact.



# Modules

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## THE WARRIOR SPIRIT

For an extraordinary day and a half experience as we explore the timeless mindset and behaviours of the Warrior Archetype, transcending cultures and eras. Discover how the Warrior Ethos grounds, fortify, and focuses our resolve, empowering us to face challenges head-on with unwavering courage and determination.

The Warrior Spirit resides within the core of our being—a condition of the heart that ignites tough-mindedness and tireless motivation. It enables us to navigate through adversity, never succumbing to defeat. Those with a warrior mindset are relentless fighters, continuously pushing forward, striving for self-improvement, reaching new heights, and embodying the mantra “to seek, to find, and not to yield.”

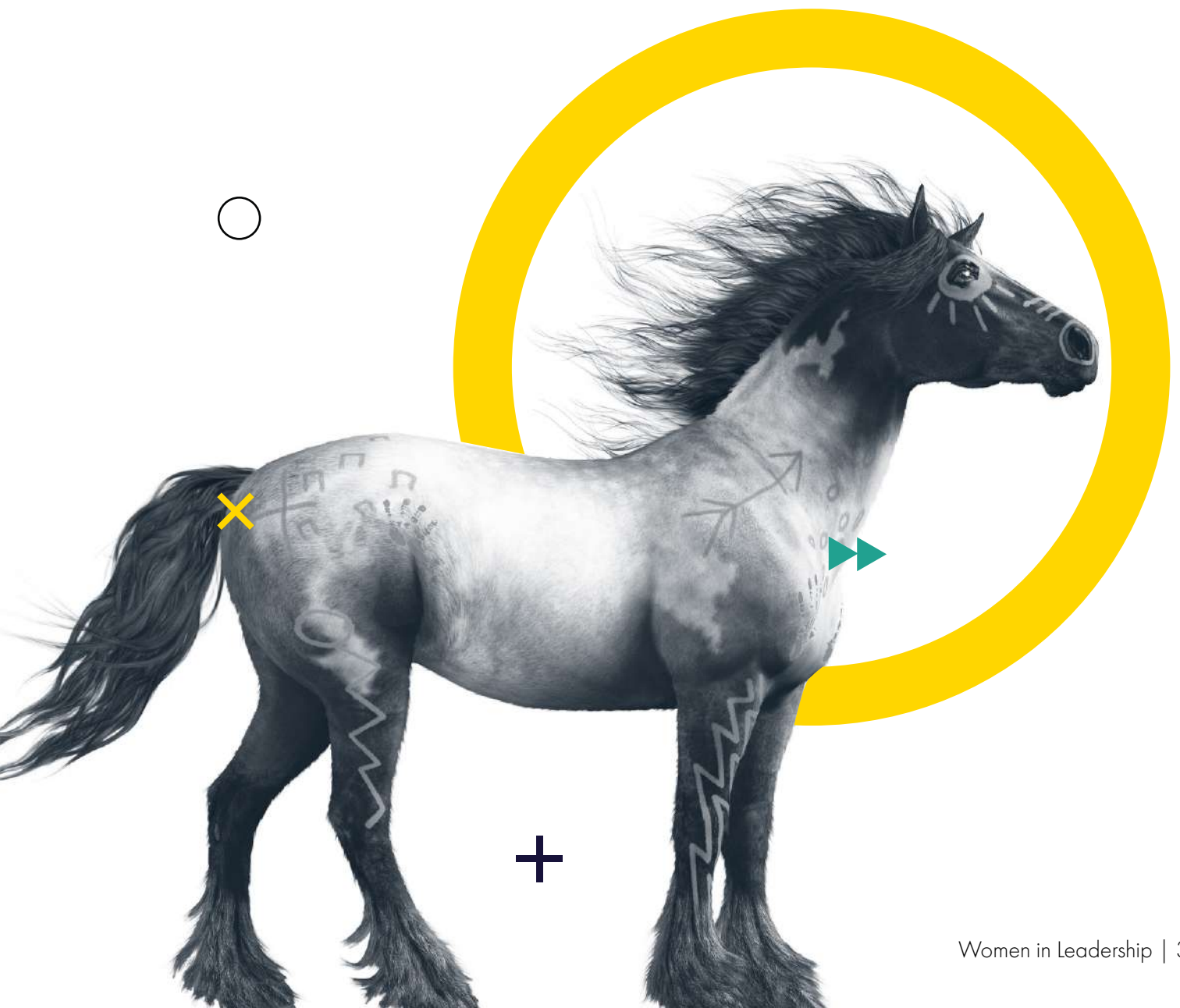
Embracing the Warrior Spirit challenges us to engage in scrupulous inner work, fostering unwavering dedication to a higher purpose beyond our ego. It calls us to confront our fears, traumas, and wounds, bravely facing our shadows. By nurturing this spirit, we become transparent, assertive, decisive, honest, responsible, and courageous, with the emotional and spiritual strength to confront future challenges head-on.

Throughout history, horses have been integral to the Warrior tradition, carrying the stories of the Warrior Spirit across time. They teach us that true warriors are born in stillness—calm, quiet, and powerful. Horses exemplify how harnessing the energy of the Warrior unveils our inner spiritual and emotional strength. They challenge us to embark on a journey of personal mastery, directing our focus inward and mastering ourselves rather than attempting to control the external world.



In their gentle wisdom, horses inspire us to forge a future of togetherness, community, harmony, partnership, kindness, and tranquillity. They remind us that the Warrior Spirit seeks individual growth and collective well-being. Together, we will navigate this transformative experience, united by the common goal of unlocking our inner strength and embracing the power of the Warrior Spirit. Embark on this unique journey and discover the profound impact the Warrior Spirit can have on your personal and professional life:

- Embrace your warrior traditions and attributes
- Core capabilities of mind-fitness
- Discover your warrior archetype
- Improve interceptive awareness
- Uncover your inner purpose
- Walk in the footsteps of your Warrior Guide



## NEUROZONE ANALYSIS:



This allows the leaders to understand their profile and degree of resilience. The analysis enables them to take conscious steps to prevent burnout, harnessing their full potential and capacity for high performance. This transformative analysis becomes a cornerstone, equipping leaders with the insights to navigate complex challenges and drive meaningful change.

## IDENTITY AND AUTHENTICITY:



With an introduction to concepts and themes related to authenticity, leaders will explore cutting-edge scientific evidence on the development of self and identity, motivation, and well-being using real-world cases of authentic living and leading. The module will facilitate personal growth through in-depth self-exploration and challenge our scripts to create new narratives to be true to themselves and others.

## DIVERSITY AND INCLUSION:



Recognising that diversity is a fact, the module unveils the paradoxical nature of unconscious biases and highlights the need to harness individual differences. By embracing diversity and fostering an inclusive environment, leaders become a powerful catalyst for change, unlocking the full potential of their teams and channelling a wealth of perspectives.

## EMOTIONAL, SPIRITUAL AND CULTURAL INTELLIGENCE:

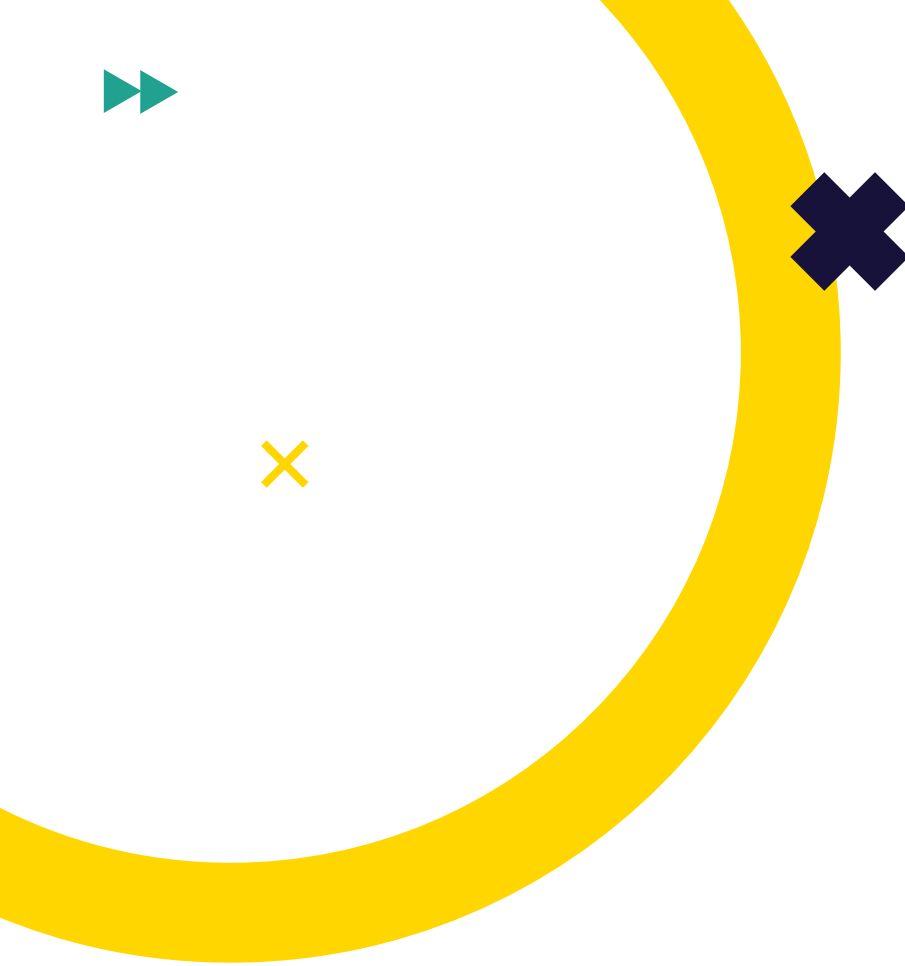


Discover the transformative power of multiple intelligences on your journey towards becoming an exceptional leader. In this module, we delve deep into emotional, spiritual, and cultural intelligence, unlocking your true potential for growth and understanding. Develop a heightened ability to navigate diverse perspectives, expand your awareness, and embrace fresh paradigms of thinking and behaviour.

## MENTORSHIP



Explore the creation of a successful women's mentorship programme. Leaders will understand how to develop appropriate frameworks for implementation, expectations, roles, and responsibilities to ensure practical, implementable solutions to mentoring future woman leaders.



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