

WORKSHOPS

Lightbulb Learning: Enjoy a full day of CPD where we'll deliver personal development or inclusive leadership skills workshops tailored to your teams, online or in-person.

Lightbulb Lunches: Online one-hour workshops for women covering the topics below.

PERSONAL DEVELOPMENT TOPICS

Knowing Me

Values, identity, mentors and future self.

Confident You

Self awareness, assertiveness and personal toolkit.

Develop You

Setting intentions, boundaries and reflecting.

INCLUSIVE LEADERSHIP TOPICS

Let's Collaborate

Building trust, thinking spaces and appreciation.

Let's Be Equal

Consider equality privileges and taking action.

Let's Talk

Delivering a message and considering change.

COURSES

We have intensive courses that we run for all levels, from aspiring leaders to managers.

Inclusive Meetings - 1 Day

Introduces the skills and tools to facilitate meetings where everyone feels included, heard & respected.

Time To Think Foundation Course (Certificated) - 2 Days

Train to use the powerful Thinking Environment facilitation skills and tools.

Thinking Partnership® Course (Certificated) - 3 Days

Train to use the transformative Thinking Partnership Session®.

Defining your Leadership - 5 Days

Learn our leadership framework: self-care, awareness, community, challenge, listening & learning.

COMMUNITY OF PRACTICE

CoP is a group of shared common concerns, passions, or interests. We offer **6 sessions** of CoP to **Tackle misogyny** and **violence against women and girls** using practical strategies, peer learning, and evidence-based solutions to drive change.



COACHING & MENTORING

Led by approved Equal Women coaches, our coaching is built around **your needs**. From career guidance, menopause to leadership confidence, enjoy **1:1 Coaching** to support your personal goals or **Group Coaching** for shared challenges in teams.

We continue to launch new initiatives to drive meaningful change. **Stay updated by checking out our website equalwomen.co.uk (QR code) & LinkedIn.** From here, you can book all of our courses.

