



Leading Ladies @ Lunch

'Enhance your leadership and management star quality'

'Leading Ladies at Lunch' enables female leaders and managers from both small and larger businesses to up-skill their leadership and management skills in short intensive lunchtime master classes. The highly focussed learning lunches will allow participants to develop as an effective leader, bringing a strategic advantage to the performance of their businesses whilst spending a minimum amount of time away from the business.

'© Leading Ladies at Lunch' is provided Ingram de Havilland Ltd an ILM (Institute of Leadership & Management) accredited leadership and development centre based in Shefford, Bedfordshire.



Lunch master classes – Session Summaries:

Positive People – Get Positive Results: 14 January 2009 (The Chamber, Luton, Beds)

What a difference you can make just by the way you are to yourself and to others. Experience the start of an incredible journey into 'Positive Land! Learning areas include:

- *What we give out ... we get back*
- *Simple yet very effective techniques to make yourself smile*
- *Recognise positive language*

Differing Realities: 18 March 2009 (Venue to be confirmed)

As a multi-cultural society whose citizens come from a wide range of cultural and religious backgrounds we will work on our approach to working and living with others. What are the histories and beliefs of our colleagues. And indeed, why should we consider these matters at all? Learning areas include (see over):

- *A fuller understanding of other people's views*
- *The paradigm of prejudice*
- *Creating change to understand those who have a different map of the world than we do, respecting that it exists and is just as valid as our map*



Emotional Intelligence – Why it matters more than IQ: 13 May 2009 (Venue to be confirmed)

The aim of the session is to help delegates to have a view of today's conceptualisations of emotional intelligence, while providing an opportunity to see how EI has been applied to today's learning and in particular leadership. Learning areas include:

- *Build meaningful interpersonal relationships and improve our ability to make moral decisions*
- *Communicate effectively solving everyday problems professionally and personally*
- *Potential to increase our understanding of how we behave and adapt to our social environment with influencing behaviour*

The Language of Influence: 15 July 2009 (Venue to be confirmed)

People listen far more to the words you say, than you think. You will discover that conversational skill and flexibility is more important than various jargon and knowledge. You will leave with effective ways of applying NLP (Neuro Linguistic Programming) concepts fluently and gracefully in both your professional and personal life. Learning areas include:

- *Build rapport by noticing, matching, pacing and leading using physiology and language patterns*
- *Outcome orientation*
- *Congruence - Learn how to be yourself*

Thinking – De Bono Style: 16 September 2009 (Venue to be confirmed)

Cutting edge tools for today's changing conditions. Learn how to master your own, and your team's mind, and reduce wasted and unproductive time. Learning areas include:

- *Understanding 'traditional' thinking*
- *Adversarial vs. parallel thinking*
- *Mastering focused thinking*
- *Disciplining your mind*
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All these lunches are priced at £145 (inc VAT) – instalments available

To reserve your place for one or more of the above lunches or for further details please contact Pauline Stewart: email: pauline.stewart or telephone: 01462 811668

We look forward to working with you to 'enhance your leadership and star quality'!

