

5 Transformational Shifts for Female Leaders

GoSkills online course syllabus

Skill level

Beginner

Lessons

23

Pre-requisites

No prior experience needed

Video duration

1h 12m

Estimated study time

1h 12m

Instructor

Amy Ahlers

Introduction

1 Welcome to the shifts

2 Is this only for women?

When we talk about women's leadership it can sometimes feel like we are pitting women against men.

Why Women Must Make The Shift

3 What is the good ol' boys club?

You've probably heard of the "good ol' boys club," but what does it mean?

4 Just the facts

There's a lot to be said about the language of patriarchy, but it's hard to argue with the facts.

5 Empowerment

There's plenty in the world that feels stacked against you.

Ready and Worthy

6 Secret #1

Many people, and men in particular, can seem remarkably confident.

7 Revolutionary shift #1

Confidence is a decision, not a magic spell. After this lesson, you'll be able to make the decision to be confident, ready, and worthy.

8

What is it costing you

As tough as it may feel to choose confidence, failing to do so is its own risk.

Reform Your Inner Mean Girl

9

Secret #2

Men have a different relationship to fear and risk than women do.

10

Revolutionary shift #2

Fear and failure can drive us away from a thriving life. After this lesson, you'll be able to create a new relationship with fear by personifying it.

11

Meet your Inner Mean Girl

The meanest person to you, is often yourself. After this lesson, you'll be able to identify, personify, and defeat your Inner Mean Girl.

Embrace Your Instincts

12

Secret #3

Men sometimes seem much more confident in their choices.

13

Revolutionary shift #3

We often default to taking advice from others when making choices. After this lesson you'll be able to shift to Inner Wisdom Decision Making instead.

14

The old way of decision making

Being our own worst critic also means we keep ourselves from making the best decision.

15

The new way of decision making

Who doesn't want to feel confident in every decision they make? After this lesson you'll be able to confidently own your decision-making process.

No Such Thing as "Balance"

16

Secret #4

In an ideal world, work-life balance wouldn't be a challenge.

- 17** **Revolutionary shift #4**
Sometimes we have to give things up to get a better perspective. After this lesson you'll be able to let go of the fantasy of work/life balance.
- 18** **Paper plate exercise**
Part of getting your life right is recognizing how much you're already doing.
- 19** **What works instead of balance**
If we throw out the idea of balance, what's left?

Amass Allies

- 20** **Secret #5**
Often, men recognize that they need to build a circle of allies around themselves. After this lesson, you'll be able to start building your own.
- 21** **Revolutionary shift #5**
Having a team who supports you can make all the difference in your career.
- 22** **How to create more allies**
Sometimes our own insecurity can get in the way of a great community.

Conclusion

- 23** **What women need to win**

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