



# Leading with Power and Grace

## Personal & Professional Leadership Development for Women

Sarah Rozenhuler and Sarah-Jane Menato

July 7th - 8th 2022 and December 8th - 9th 2022

Online

An invitation for women in stormy times to invest in their capacities to lead authentically, sustainably and inclusively

Given the fast-changing, multi-faceted nature of the challenging times in which we live, leaders increasingly need to depend on their inner capacity to “meet” what comes both to and through them with power and grace.

- What might be possible if I led from my own authentic place of power?
- If I was more at ease in my leadership, what impact might that have on those around me?
- How might I fully engage both my ‘being’ and ‘doing’ in my own unique way?

Leading with Power and Grace is a highly participatory two-day programme that provides practical tools, deep insights and authentic companionship. We will explore how you can step more fully into your leadership strengths and include undervalued feminine capacities such as embodied knowing, cyclical awareness and surrendering to what wants to happen. Participating in this programme will enable you to access and lead from new ground as a woman whether you are:

- Engaged in front line work in the private, public or third sector
- Bringing to an end structures that no longer serve, or creating new life affirming ones
- Experiencing a sense of transition in your personal or professional life (or both.)

### Programme & Booking Details

#### WHEN

July 7th-8th and December 8th-9th 2022

Programme runs 10am-6pm each day

Zoom room opens 9:55am

#### WHERE

Online

#### PRICE

Standard Rate (organisationally sponsored): £590

Self-Sponsored / Sole Traders / Education / Third sector: £295

Returners Rate for women who have previously attended: £225

A limited number of bursaries are available, please ask.

#### BOOKING

To register or for further information please contact:

07971977774

sarah@bridgeworkconsulting.com

or 01386 701 648

sjm@sjmcoachingandtraining.co.uk

## The benefits

Participating in this programme supports you to:

- Access untapped strengths that are essential for your leadership and wellbeing
- Connect to deep wisdom in times of endings
- Anchor in your own deep and innate sources of power and grace
- Take action with greater confidence from a place of trust and courage

By exploring the creative tension between “building” and “birthing”, “creating” and “incubating”, “deciding” and “allowing”, “completing” and “dying”, untapped power and grace come out of confinement. Leading with Power and Grace backs each woman to show up fully because she is essential in addressing the 21st century challenges that are facing us all.

## Objectives

In the life of any system – an organisation, a community, a civilisation or a family – there are cycles. Personally, professionally and as part of her various systems, Leading with Power and Grace will enable each participant to:

- Lead in her outer context from inner conditions that are life sustaining
- Strengthen her innate feminine capacities to sense and align with larger patterns at play
- Identify, include and experience feminine aspects of leadership essential in healthy systems
- Engage and fortify “ending” muscles

## The Programme Leaders



### Sarah Rozenthuler

Sarah Rozenthuler is a leadership consultant, dialogue coach and published author with over 15 years' experience working internationally as a professional psychologist across Europe, Asia, Australia and the USA. Sarah has coached and facilitated at senior levels for clients including BP, Rolls Royce, Intellectual Property Office, Standard Chartered Bank, World Bank and International Finance Organisation. With extensive, in-depth expertise in leadership development, Sarah specialises in coaching senior leaders and their teams to tune into their deeper purpose, resolve systemic challenges and have the conversations that matter most. Sarah is a Chartered Psychologist and accredited workplace mediator. Life-Changing Conversations, Sarah's first book, was published by Watkins in the UK, USA and Australia in 2012. Her work has been widely featured in the media, including the Guardian, the FT, the Sunday Times and the BBC online.

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### Sarah-Jane Menato

Working as a coach, facilitator, author and consultant Sarah-Jane runs her own Cotswold based business. She is a perceptive guide inviting people off well-worn paths, into their next iteration, and a future that's emerging for them. She designs and delivers workshops and retreats that include; leadership development, re-defining success, and business start-up programmes for women. She mentors women entrepreneurs and also runs workshops using archetypes and myth as doorways to greater creativity and imagination as everyday resources. Sarah-Jane also works with people to resource them in support of an open hearted experience of endings. Her book, “Ariadne's Thread and The Myth of Happily Ever After” was published July 2018.



## Testimonials

“Leading with Power and Grace gave me a chance to decompress but engage in very valuable, useful information. It felt hugely cathartic and the chance to hear other women's experiences and learn from them was enormously beneficial.”

*Annabel Archer,  
Executive Editor CNN*

“A deeply practical and inspiring way for women to become aware of and own their authentic power”

*Dunke Afe, Global Brand  
Director, DIG, Unilever*

“This programme beautifully balances knowledge and guidance with space for personal exploration. I experienced aspects of feminine leadership which felt both startlingly new and yet ancient and familiar. I have come away with tools and renewed appreciation of my own leadership qualities.”

*Sophia Hill  
Events Professional*

“What a life-changing impact the programme has had. It enabled me to understand what has been holding me back and gave me the bravery to make changes.”

*Emma Elliott, Entrepreneur  
and Mother of two girls*

“The two days opened time to re-imagine and own what it means to be a female leader.”

*Nicola Jones,  
Mother and business founder*

“The programme encouraged me to speak in my own voice, from my own body, and to trust myself to recognise what is true for me.”

*Sarah Peak*