

WOMEN IN LEADERSHIP PROGRAMME

REWIRE, RISE &
LEAD WITH CONFIDENCE



Thinking Through

ACADEMY

***THE SCIENTIFIC
APPROACH TO LEADERSHIP***

We are an ILM & CPD Approved Centre,
and the only organisation trusted and
authorised to deliver NeuroCapability
Stress Mastery and Neuroscience of
Leadership training across the UK
and Europe.



EMPOWERING WOMEN LEADERS TO THRIVE

In today's fast-paced world, women leaders face unique challenges balancing the demands of leadership with personal and professional growth. The Women in Leadership Programme is designed to equip you with the tools to master the leadership challenges that you face, channel the stress of work-life balance, navigate authority, and elevate your performance as a leader.

Built on the principles of neuroscience, this brain-based programme helps you leverage your unique strengths, regulate your emotional responses, enhance your decision-making, and create resilient, high-performing teams. With a focus on actionable strategies, you'll leave empowered to lead with confidence and clarity, address challenges head-on, and help create more inclusive and equitable environments for all women leaders.

The course also addresses specific challenges such as key life transitions and menopause-related stress, societal expectations, and the balancing act of work-life integration.



What You Will Learn...

Strengthen Confidence

Use brain-based strategies to master self-awareness, manage stress and enhance strategic influence.

Cultivate Presence

Use neuroscience informed strategies to enhance decision-making skills and to build authority.

“

This programme gave me the tools to transform stress into a strength. My leadership style is more focused, and my team is thriving.

Sarah L.
Programme Graduate

”

Build Team Dynamics

Create psychologically safe environments that foster collaboration, motivation, and energy.

Optimise Performance

Develop practical tools to regulate emotions, sustain focus, and maintain a balanced approach to leadership.

There are no specific qualifications require for you to join the programme

You should be in a position where you lead others and you are keen to develop your leadership through science-based leadership models and knowledge.

You should also be able to commit time to connect with the programme materials (minimum 1 hour per fortnight), writing a reflective journal (minimum 1 hour per fortnight) and joining our fortnightly Study Group workshops (2 hours per session).

ADDRESSING THE UNIQUE CHALLENGES WOMEN LEADERS FACE...

Whether it's navigating life transitions such as hormones, children, or menopause, overcoming imposter syndrome, or balancing the expectations of family and work, this programme provides practical strategies to help you lead with resilience. You'll gain insights into how to affect stress responses, create opportunities for focus, and learn techniques to lead effectively.

Why Choose This Programme?

Tailored for Women Leaders

Designed specifically for women, addressing unique stressors such as hormonal changes, work-life balance, and societal expectations.

Neuroscience-Backed Strategies

Grounded in the latest research, combining science with actionable insights.

Supportive Community

Connect with like-minded women leaders who understand your journey and share your drive for success.

Immediate Impact

Practical tools and strategies that can be implemented straight away in daily life and work.

“

For the first time, I felt seen and supported as a leader. This course changed everything for me.

Emma D.
Women in Leadership Participant

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Programme Details

FORMAT:

Fortnightly live sessions and implementation excellence study calls, lasting 2 hours. Additional reading materials and discussion boards on our e-learning platform.

This is a CPD Accredited Programme.

DURATION:

14 weeks (there may be breaks for key holidays).

COST:

Special offer £400 plus VAT.

Payment plans available.

START DATES:

February and October.

*For more details,
please scan the code...*



Thinking Through ...Academy

With some of the most qualified experts in the fields of leadership and applied neuroscience, you'll get an unrivalled educational experience that takes you to new heights and drives your career progression.



LEARN 100% ONLINE

Access from anywhere with online courses.



REFLECTIVE LEARNING

Flexible reflective learning focusing on your work.



PERSONALISED TUTOR SUPPORT

Support from an expert coach to suit your needs.



PAYMENT PLANS

Spread the cost with available payment plans.

ThinkingThrough... is a trading arm of:

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