Elevate HER

# The Programme that will **Transform** the Life you are Leading

5 months to experience
dramatic change in who you and
how you show up in your life
personally and professionally

You are the CEO
of your life...
Let's Elevate

A private circle focusing on life,
thought and action
for senior professional women led by
the founder of the Academy of
Women's Leadership **Diana Osagie.**

A 5-month programme of teaching, exploration and transformation for the women who are competent and now ready to thrive as CEO of their lives.

Provision of a quality private, safe space to explore and develop your leadership
and life, where solutions are plentiful.

# The Mission

That you elevate from a level of success that you have built and has served you well thus far - to the platinum version of your life.

**We provide an intimate community focused on women operating as the true CEO of their lives.**

- We concentrate on your potential
- You have multiple opportunities to access honesty without judgement
- You are enabled to show up peacefully and powerfully
- Your success is THE INEVITABLE result.

Your life at home and work already has the hallmark of quality. Although life has have difficult elements, you are known for your excellence.

You could stay where you are and enjoy this success, or you could Elevate. Whether you do more, less, the same or something else - you Elevate into the position of CEO of your life. The ElevateHer programme is curated to ensure this process is successful.

Your mind has served you well - *for this transformation it will need to serve you better.*
ElevateHer brings you to a place where you create a sustained platform for the necessary shift in the paradigm of your mind.

You can build a new stage of **peace, rest and power.**

# The Process

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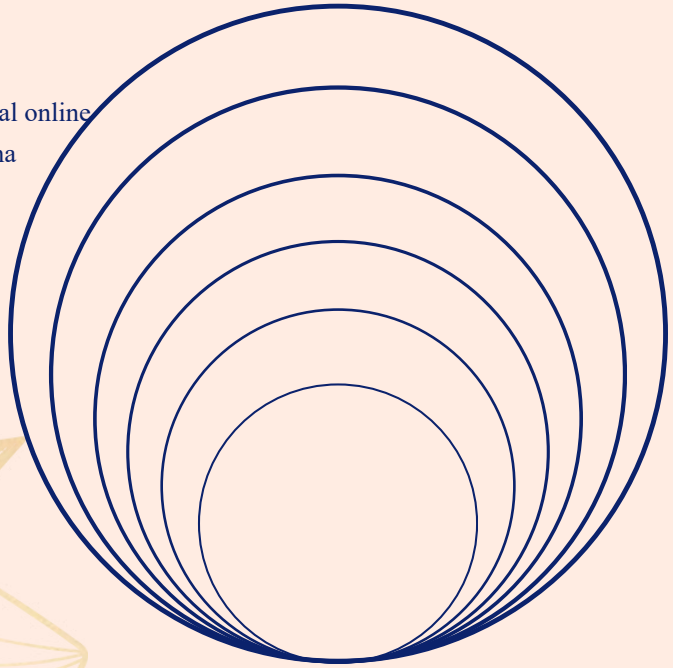
|---|---|
| The ElevateHer retreat | First weekend each October (if you are unable to attend retreat, your membership price will be reduced to reflect this) |
| The 5 CEO modules | Online Mondays 6.30 - 7.45 GMT fortnightly<br>Nov - March or May - Oct (August = break) |
| Guest expert modules | Fitness, peri / menopause/ sleep & health / personal styling |
| Personal coaching | 4 x 45 mins personal online coaching with Diana |



# Pre-Work 1 X 90 min sessions

The group programme starts here with this group sessions.

- Clarity on where you are now.
- Where you are and why.
- Where you want to be.
- Work on the initial perspective shift
- The trilogy of confidence - the articulation of strength and the true you.

Stage one – The CEO of self

**Why** – clarity comes from the central relationship of self. You will take radical responsibility for yourself, developing a greater sense of agency as the power for change comes from here.

A strong foundation of self is needed- so we build.

# Areas to address:

- Taking radical responsibility.
- Self-forgiveness.
- Self-celebration.
- Frameworks to help with perspective shifting.
- Articulating your true self.
- Developing an internal narrative that uses honest, accurate and bespoke vocabulary. Spotlight on helpful and harmful habits. Articulation of identity.
- Fitness, strength training. Menopause support.

Stage two – The CEO and others

**Why –** how we show up in our relationships has consequences for our success or demise.
The quality of relationship we allow in our lives is our choice to make.

We explore the similarities and differences between the personal and professional relationships.
We delve into the myths and stories that underpin our relationships and the level of code switching we engage in.

# Areas to address:

- Develop a deeper and accurate understanding of the brain- amygdala, pre-frontal cortex, psychology.
  The science behind peoples motivations.
- The stages of growth.
- Understanding and managing team dynamics.
- Change management.

# Stage three - The Fearless CEO

**Why –** We always feel fear as we are human. It is time to limit the influence fear has on our speech, thoughts and actions. We can change our relationship with the word and concept of fear in our lives.

We are the pen holders in our own narrative and the coalition with fear created in our hearts and minds ends now. We dismantle all tenets of fear that withhold you from your greatness.

## Areas to address:

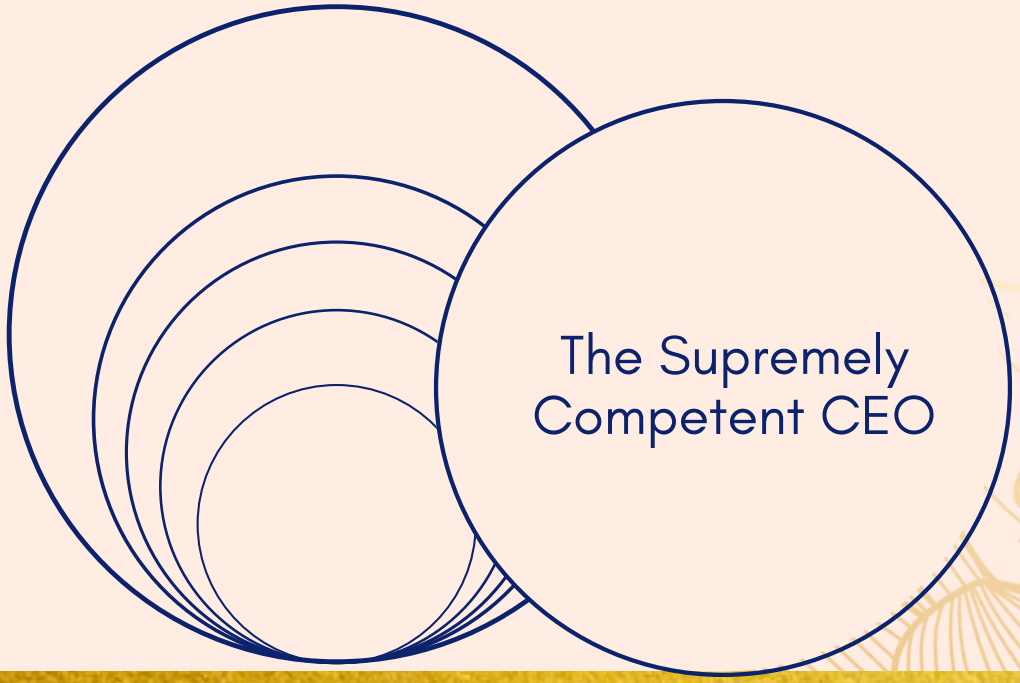
- Knowledge on what fear is and how it works. How
- others react to fear and when they are under fear.
  Common fears.
- How not to be a source of fear for others.
- Perspective shift – moving fear into its proper place.
- 5 things to change your relationship with fear.

# Stage 4 - The Supremely Competent CEO

**Why-** because you need to be very good in your role and understand the consequence of all your actions.

There should not be questions in others mind regarding your competency.

In examining your competency, we focus on how you can show up with peace and power.



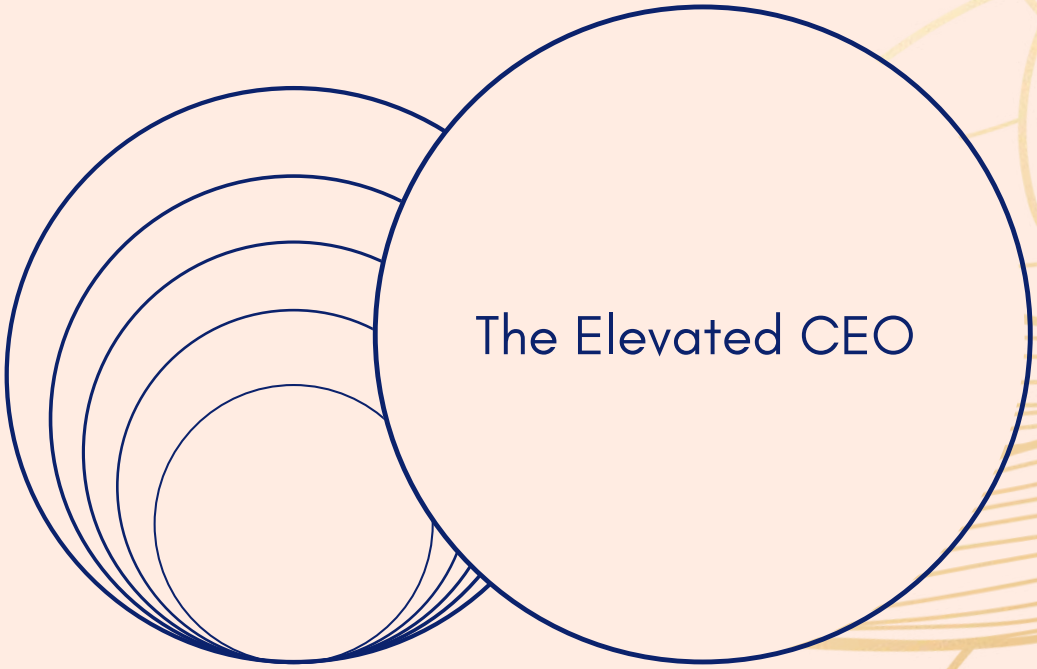
## Areas to address:

- The depth of understanding – The 7Cs of communication.
  Elevated oracy.
- Learning the art of elevated questions.Sending vs
- receiving communication – the impact in both areas.
- Physical communication- what you are saying as you enter the room.
- Personal styling.

Stage 5 ElevateHer – The Elevated CEO

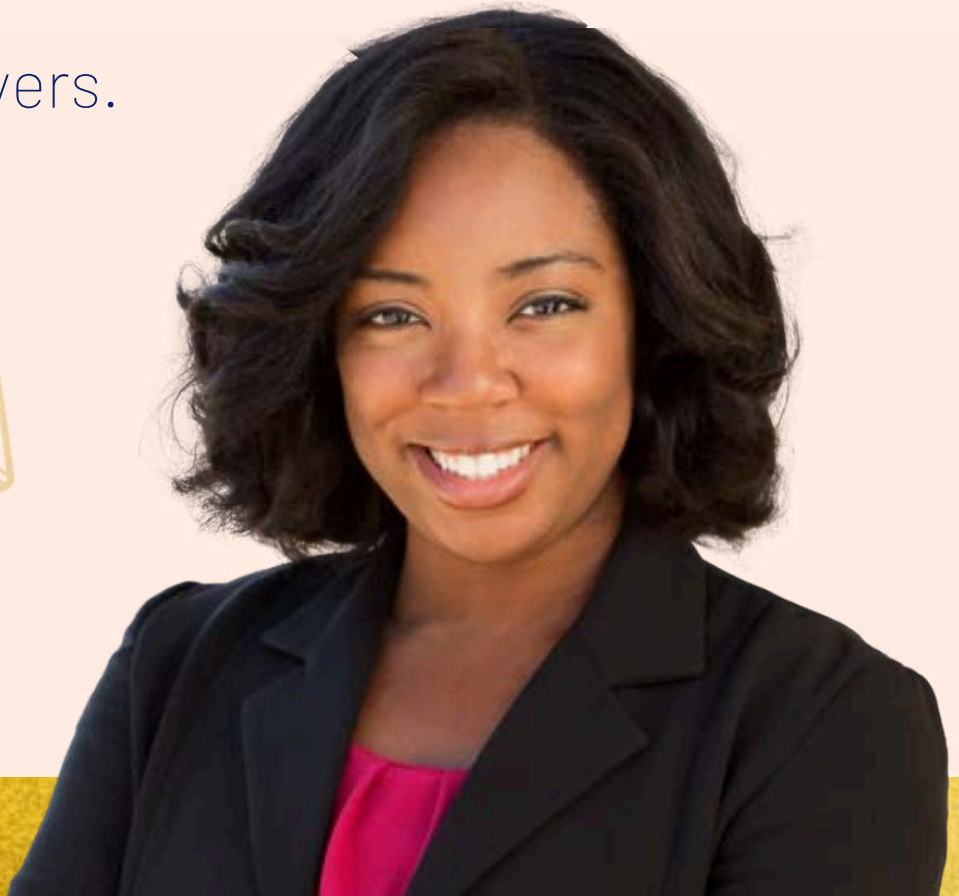
**Why –** this is for your life and leadership so now we develop the maintenance plan.
This is too important to do once.

We sculpt how will you revisit the learning and continue building the platform of elevation in your life-transformation for the future.
You step into and dwell in the platinum version of your life.



# Areas to address

- Reflect on everything from the past 5 months.
- Celebrate the journey.
- Framework to progress.
- Insights for maintenance.
- Perspective shift – we have new habits.
- The needle movers.



# The Service

## ElevateHer sessions - personal

4 personal online sessions with the founder of ElevateHer Diana Osagie. A veteran of leadership and successful coach with over 2 decades experience in helping women transform into the platinum version of themselves.

Each 45-minute session is a confidential time to addressing issues of strength or otherwise that are present in any area of your life.

Whether we spend the time delving into aspects of your work, professional ambition or explore barriers and strengths – these sessions are your unique opportunity to access sustained, continuous coaching to enable your elevation.

**Scheduled at a time to suit each woman personally.**

## ElevateHer sessions collective - part one

10 collective sessions divided between 5 modules, led by Diana Osagie, designed for the woman who is preparing to operate as CEO of the platinum version of her life.

Diana will pour into you all the elements needed for you to elevate your thinking and practice.

The transformation is founded upon knowledge and deep insight- the reframing of some existing methodologies and the evolution of others. The content is carefully curated to uphold the elevation of the successful woman.

**Scheduled monthly on Mondays**
**6.30 – 7.45pm GMT.**

## ElevateHer sessions collective - part two

3 collective sessions featuring a guest experts on ...

Peri / Menopause,sleep and stress

Movement & strength for the 40 + women

Personal styling session with guest expert

Health & wellbeing for the elevated woman

**Scheduled monthly on Mondays**
**6.30 – 7.45pm GMT**.

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# Contact us


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