Women in Leadership

A neuroscience perspective on how women can thrive in leadership

"Women still represent an enormously under-utilised national resource."
Women & Leadership Australia

The inclusion of more women in management and senior leadership roles will have tremendous cultural and economic benefits to organisations as well as the economy.

Drawn from the latest neuroscience research, women will learn how to strengthen their capability as leaders and capitalize on the differences between the way men and women's brains are wired.

The Women in Leadership program develops:

- Confidence
- Influence and
- Resilience

It includes the following;

- Explore neuroplasticity and how to rewire your brain for success
- Stress less by learning a 30 second circuit breaker
- Build resilience holistically- 6 daily habits that increase resilience and brain health
- Increase the collective intelligence of a team with the inclusion of women.
- Engage others through the social motivators and by taking a coaching approach
- Increase your career prospects through a whole-brain goal setting process.
- Remove negative self-talk and limiting beliefs
- Seize opportunities by eliminating risk aversion
- Continuously challenge yourself to evolve your leadership capabilities
- Network and collaborate with other women interested in making a difference

Key Outcomes

- ◆ Build your your confidence
- ◆ Develop your wiring for greater leadership presence through change
- ◆ Regulate emotions for greater capability during stress or pressure
- ◆ Influence and engage with others utilising the social motivators

Fun Facts

Women and men's brain differ;

1. Female brain has more connectivity between two hemispheres of the brain. Allowing for better capability for multi-tasking however this still comes at a cost.

2. Women tune into emotions more easily- women are more inclined to be sensitive to social cues. This can be an advantage with regards to emotional processing, leading change and active listening.

3. Hippocampus - memory centre/library of brain – is larger in females. Women are better at remembering details of emotional events

4. Female brains are also geared more towards language – brain areas that are thought to influence language skills mature in girls about six years earlier than in boys. In general, adolescent females have superior language abilities compared with adolescent males.

5. In a threat state, women tend to respond by gathering in groups, they feel safe by connecting - females are more likely to turn to other females for support and collaboration.

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"Kristen is such a dynamic, engaging speaker. We felt very lucky to have her speak at our Women in IT forum. Her keynote presentation on The Neuroscience of Leadership truly resonated with our audience with many commenting on how they wanted to hear more from her. During the informative yet entertaining session, Kristen provided the audience with invaluable information that will help them to implement strategies to enhance their performance and strive for leadership roles within our organisation."

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