

# Elevate: A Women's Leadership and Empowerment Series

**Elevate** is an innovative and transformative series of workshops and training sessions designed to foster leadership skills. Elevate focuses on several key areas to address the unique challenges faced by women and non-binary people in leadership roles. The program offers training in areas where women and nonbinary individuals are often underrepresented or face unique challenges, such as claiming space, public speaking, and personal branding. By equipping them with these skills, the program helps in breaking down barriers to leadership positions. Additionally, providing access to coaches who are experienced and certified can be invaluable. Finally, networking opportunities allow participants to build relationships with peers and potential collaborators, fostering a supportive community.

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This program covers a range of topics, chosen to address the unique challenges and opportunities in today's leadership landscape. Participants will engage in an immersive learning experience through interactive sessions, including but not limited to:

- **Masterful Communication:** Sharpening your skills for impactful dialogue.
- **Strategic Boundary Setting:** Establishing effective personal and professional limits.
- **Visionary Goal Setting:** Crafting and achieving your aspirations.
- **Navigating Conflict Resolution:** Managing disagreements with poise and effectiveness.
- **Digital Dynamo:** Building a commanding public profile and influence through personal branding and digital communication strategies.
- **The Art of Public Speaking:** Mastering the podium with confidence.
- **Claiming Your Space:** Embracing and asserting your presence in any setting.
- **Leadership Through Strengths:** Harnessing personal strengths to lead with authenticity and impact.

In between workshops, participants will have the opportunity to receive coaching from Cornell's XCC Certified Executive Coaches. This personalized coaching is designed to reinforce learning, aid in the application of new skills, and foster professional growth, ensuring that each participant maximizes their potential and impact.

