

# *PROGRAM OVERVIEW*



# **THE POWER OF SELF**

MARSHA CLARK & ASSOCIATES (972) 625-3884  
marsha@marshaclarkandassociates.com

# THE POWER OF SELF



## *Imagine....*

- ... Responding authentically to leadership challenges*
- ... Capitalizing on your unique leadership strengths as a woman*
- ... Integrating your personal and professional choices to create a healthy lifestyle*
- ... Discovering women allies to support your growth*

Marsha Clark & Associates offers these opportunities and more in ***The POWER of Self Program***, a unique learning experience designed to inspire and strengthen women leaders.

***The POWER of Self Program*** is a year-long training program, enhanced by individual coaching, that offers women greater clarity and a strategic framework for making deliberate choices in all dimensions of their lives. At the conclusion of the program, participants report substantial growth in their ability to:

***Provide confident leadership***

***Gain clarity and self-awareness***

***Create more effective working relationships***

***Optimize performance in organizational systems***

***Develop greater trust in supporting and mentoring women***

***Become a powerful resource for shared learning in their organization***

*"Like Dorothy from "Wizard of Oz", you show many women the way home.  
Thank you for catching the edge of my mouth and yanking it into a smile.."*

*~Lisa Harper Wood , TPoS Graduate*

Program of Opportunity for Women's Exploration and Realization



# OVERALL APPROACH



A partial list of participating companies includes: Accenture, Aramark, Birdville ISD, Boy Scouts of America, Chase Bank, Cisco, Choctaw Nation, Conference of Southwest Foundations, Dell, EY, Euless Public Library, Family Compass, Fidelity Investments, Frito Lay, Hitachi Consulting, HP, Hudson Foundation, IBM, Lake Worth ISD, LG Skychefs, Lumin Education, Mission Foods, NCR, Microsoft, Novus Academy, Pepsico, Sabre Holdings, Southwest Airlines, Texas Instruments, The Paper Plate, Think Finance, TXU, University of Texas-Dallas, United Way, and Westlake Academy

**The POWER of Self Program** modules—six in all—take a whole-systems approach that one participant described as “leadership development with a heart.” Working from the inside out, the modules offer an extended learning experience in which to develop the three levels of leadership skills: individual, group, and organizational.

## Individual

The training focuses first on individual power and offers the opportunity to appreciate one’s own unique qualities. Participants develop a common language with which to speak about their differences and create a safe environment to explore behaviors and beliefs about power. Each participant has the opportunity to gain valuable insights into her own views of authentic leadership.

## Group

Individual work continues, but the focus shifts to the development of groups and teams. Participants begin creating a genuine community of women supporting women as they explore issues of inclusion, control, and openness, trust and betrayal, and “feminine” and “masculine” approaches to conflict, competition, risk and influence.

## Organizational

Participants now learn to think systemically, experiencing the four roles of organizational life—“Top, Middle, Bottom and Customer”—that affect *all* leaders’ choices. Participants explore the dynamics of diversity and strategize ways to build powerful partnerships across organizational lines.

## Personalized, Individual Coaching

Professional coaches will begin working with individual participants to help each woman develop a Learning Contract to focus her professional goals for the duration of the training. Then, throughout the program, coaches will provide one-on-one support as she applies each module’s content to the goals of her Learning Contract. To ensure sustainable change, coaches will continue to work with each woman for three months after the formal training ends.



*The Power of Self Class #18*

# PROGRAM MODULES

## **Module 1 Seeds of Power: The Journey Begins (Individual Level)**

Examine beliefs about women and power

Gain a deeper understanding of how diversity, personalities, behaviors and values can affect personal and professional performance

Develop your personal vision – aligned with your values

Explore your experiences of feeling like an impostor as a leader in your organization

Explore your ‘masculine’ and ‘feminine’ attributes of leadership

## **Module 2 Self Awareness and Perceptions (Individual & Interpersonal Levels)**

See yourself as others see you while giving and receiving feedback in a small group setting

Increase your awareness of issues affecting women in groups/organizations: self-image, good girl/bad girl behaviors, mother-daughter-sister relationships, and opportunities based on societal norms and personal choices

Enhance your awareness of how being a woman affects your participation in groups

Increase your ability to build powerful partnerships with other women in both your personal and professional lives

## **Module 3 Building & Sustaining Trust (Interpersonal & Group Levels)**

Discover how trust and betrayal impact your personal power

Learn techniques for responding to trust and betrayal in a healthy way that honors both your relationships and your working environment

Learn how to set and maintain boundaries

Experience how healing from betrayal offers strength and greater competence in group interaction

## **Module 4 Group Dynamics (Group Level)**

Explore your leadership style in three critical elements of group development—inclusion, control and openness—and determine where you feel most comfortable and energized

Add power and personal presence to your presentation style and strengthen your influencing skills

Examine and expand your responses to conflict for greater effectiveness

## **Module 5 The Possibilities of Organizations (Organizational Level)**

Examine the impact of competition, explore how women negotiate, and learn how to be a more effective negotiator

Experience the four roles of organizational life—“Top, Middle, Bottom and Customer”—that affect all your choices as a leader

Gain greater insight about how multiple generations in organizations affect your leadership style

Learn how to have courageous group conversations and a process for discussing the undiscussables

Enhance your awareness about the role that organizational culture plays in your leadership effectiveness

Discover your natural decision-making process by discovering your BrainStyle®

## **Module 6 Emerging Greatness: The Journey Continues (Global Level)**

Learn more about cross-cultural communications and enhance your global leadership skills

Explore the roles that women will play on the global stage in the years to come

Experience the freedom and accountability that come with being a powerful leader

Come back to your vision and develop your statement of leadership, serving yourself, your group, and your organization

# PROGRAM SCHEDULE AND PRICING

The *POWER of Self Program* is held at The Hudson Foundation in Southlake, Texas.

Module 1: Seeds of Power: The Journey Begins	October 11 - 13, 2018
Module 2: Self Awareness and Perceptions	November 14- 17, 2018
Module 3: Building and Sustaining Trust	January 17 - 19, 2019
Module 4: Group Dynamics	February 21 - 23, 2019
Module 5: The Possibilities of Organizations	April 11 - 13, 2019
Module 6: Emerging Greatness:The Journey Continues	May 16 - 18, 2019
Follow-up Coaching	June - September 2019
Sponsor's Workshop	November 2, 2018

## Program Cost

Cost includes delivery of program content, online assessments, and all collateral materials used in the modules along with 20 hours of individual coaching support during the 12-month program.

Meals are included in the registration fees.

Transportation and lodging costs are not included in the registration fees.

Seating is limited to 24 participants and is on a first-come, first-served basis.



Some of Our Amazing Coaches!

Number of Participants:	Cost
1	\$19,500*
2	\$36,000
3	\$51,000

A deposit of \$2500 is required by July 1, 2018 to reserve a seat.

***\*Significant discounts for non-profits, churches, education, and individual pay plans.***

Marsha Clark & Associates  
4631 Pine Valley Drive  
Frisco, Texas 75034  
(972) 625-3884

[www.marshaclarkandassociates.com](http://www.marshaclarkandassociates.com)