



&



INSPIRED EXECUTIVES
Masterful Coaching & Consulting

FRESH

Women Development Program:
powered by LFM Coaching & Inspired Executives

Women only



Welcome

to the

FRESH Women Development Program

powered by LFM Coaching & Inspired Executives

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FRESH At a glance

The FRESH Women Development Program powered by LFM Coaching & Inspired Executives brings together female leaders from across the globe for a transformational journey to authentic and future-oriented leadership. Through various FRESH elements – including webinars, an online community, coaching and workshops – that can be booked individually, participants will take away cutting-edge thinking in the field of leadership, ideas and inspiration for practical application, and fun while building new routines.

With FRESH, LFM Coaching & Inspired Executives would like to ...

- Foster and increase an understanding of the importance of leadership as well as leadership behaviors and mindsets
- Relate to and connect with women leaders across the globe
- Explore what it takes to become the kind of leader the world needs now
- Strengthen the community we are building
- Have fun and enjoy the journey together with you



"It is a voyage. Sometimes the journey is in the dark, through a mist or a storm. The trip is guided by a compass, the sun, the stars, the light of the moon, matched by instinct and experience. It is called leadership."

Emilio Iodice
(from: "When Courage was the Essence of Leadership: Lessons from History")

<https://pixabay.com/en/the-bermuda-triangle-rainbow-ocean-2389580/>

Why FRESHness is needed

We live in a VUCA world in times of unheard-of turbulence. Turbulence strikes more often than in the past, has increased in intensity, and persists much longer than in preceding periods today. The words volatile, uncertain, complex, ambiguous are common in today's business world, and yet fiercely feared. It is an era of ever-increasing competition and technology that changes at speeds unimaginable a few years ago.

It hasn't been long since women have been having the rights to vote to influence country politics or to open their own accounts to manage their money. Women in leadership have come a long way, and still our voices are not always heard or recognized. Women only hold 23% of senior management positions, and 35% of management positions. Differences in terms of

leadership approaches and styles between men and women are blurring. Men and women have many similar leadership characteristics. Yet, social and emotional qualities that are necessary for a company's success but not valued highly are more attributed with women leaders.

Albert Einstein said, "We cannot solve our problems with the same thinking we used when we created them." VUCA is a condition that calls for questions. Challenging questions that stimulate differing views and debate. While the aforementioned female leadership strengths are important – and there is good evidence for them – we want to expand the

dialogue to include the realities of the VUCA world. What do we want to be leaders for?

For organizations, surviving and thriving in this environment requires a unique approach to accelerating innovation, catalyzing discovery, and tapping emerging opportunities. Leaders need to develop the capacity to navigate these waters with new thinking, skill, talent and character to create new processes, products, and services that have value for their customers.

This environment needs a different kind of leadership based on this new thinking. A different kind of leadership that is integrating, participative and focused on long-term goals, that fosters learning from mistakes and team spirit and role-models EQ, and that generates a service mindset for the organization to be embedded and recognized in the community.

The realities of the VUCA world demand a new skill set. Emerging leadership characteristics tend to be attributed to be female. Yet, often times, women are not fully aware of those qualities and assets they have been contributing to the success of an organization for a long time. In addition, the demands of rapid technological change, for instance, call for the ability to grow things, learn fast and immerse oneself in the unknown. Women have the potential to be agile leaders, innovators and senior executives with the ability to take clear decisions in times of uncertainty and complexity.

Let's tap that potential and start the voyage!

FRESH Target audience

FRESH is for women leaders who

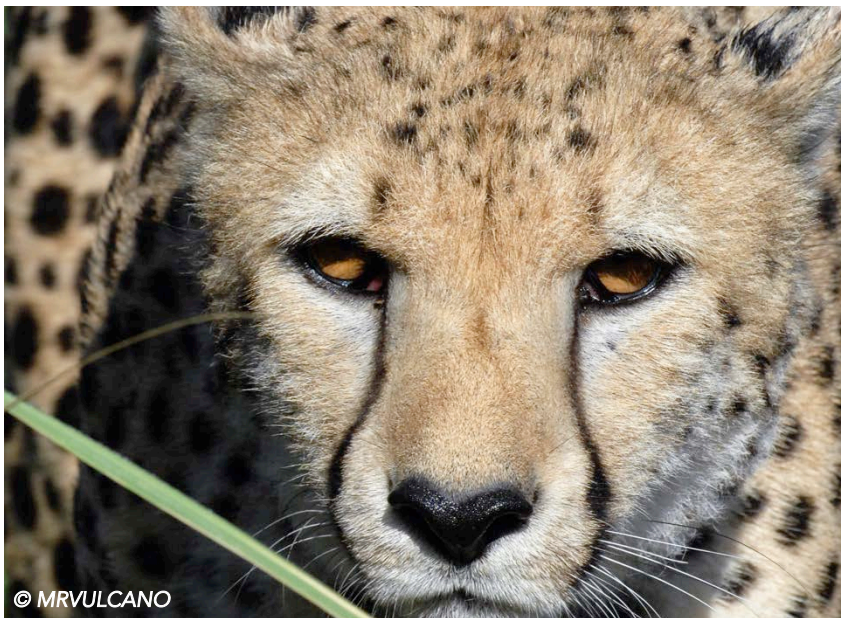
- Have an intermediate understanding of leadership or
- Are about to start a bigger leadership role and
- Are ready to take their leadership skills to the next level or
- Want to dream and think big to leave their mark on the world and
- Are aware of the differences between being and doing

FRESH is not for women who

- Think they know it all
- Do not have the capacity for their personal development right now
- Cannot commit to engaging with a global community of female leaders
- Feel their work life and leadership approach are already perfect
- Rather hesitate and procrastinate

FRESH Benefits

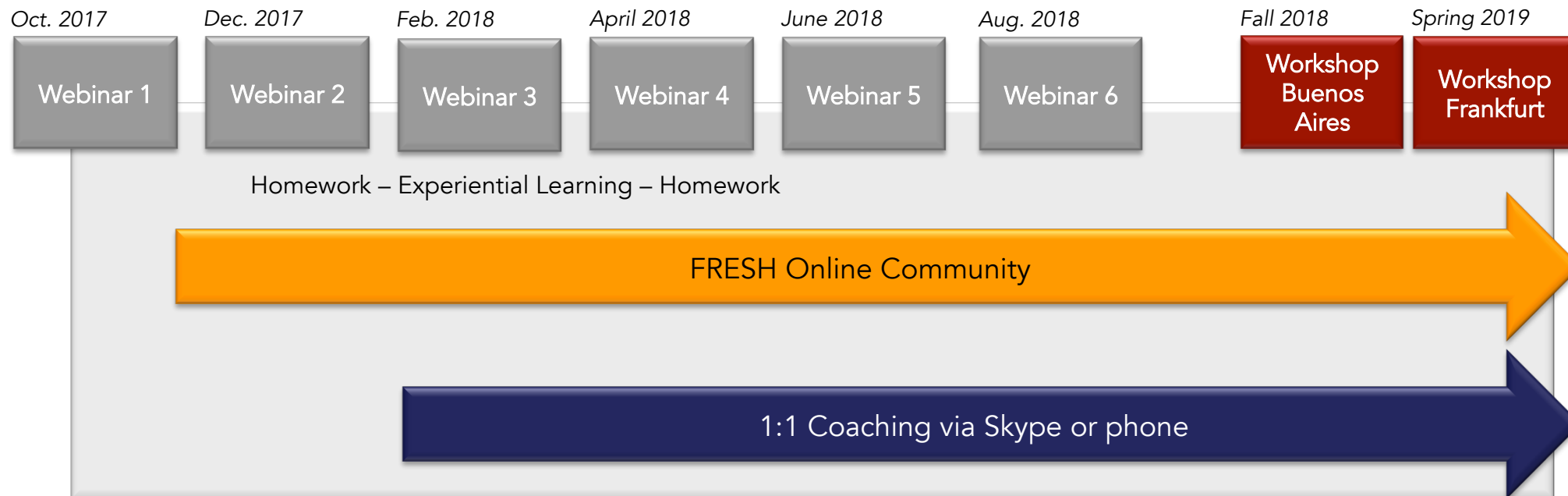
- Foundation – You will learn about leadership knowledge, practices and frameworks that are relevant in the VUCA world and the future for you to grow and thrive.
- Reflection – You will be invited to reflect on challenging situations and create powerful steps forward. We value many different perspectives.
- Energy – You will experience energetic interactions, and we strive for you to feel energized and refreshed after each session.



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- Support – You will become part of the FRESH community that will support and encourage you.
- Heart – You may bring your head, hearts and souls to our sessions. It will be taken good care of. We will put all of our hearts into making our joint journey worthwhile.

FRESH Elements – Overview



- Face-to-face interaction in workshops to be held in Buenos Aires and Frankfurt 2018 & 2019
- Regular FRESH webinar sessions
- Experiential learning and “homework” between sessions to apply the learnings and insight
- Specific 1:1 coaching sessions via phone or Skype
- Happy FRESH online community



FRESH Webinars

€ 9.99 per session (75 – 90 minutes each)

- 1 Let's get started: Become the kind of leader the world needs now
- 2 No pain, no gain: Leading change
- 3 Change your story. Change your world.
- 4 Energy, not time: Build resilience and manage stress
- 5 Relationships matter: Tough conversations and feedback
- 6 Putting it all together: Your leadership excellence plan



More information on

inspired-executives.com > FRESH Women Development Program > Webinars

FRESH Webinar schedule 1

1

Let's get started: Become the kind of leader the world needs now!

We are leaders already, we might not be aware of it, though. We have all that it takes to be a leader: thoughts, emotions and actions or behaviors. Through them we create our future, which we are responsible for. By transforming our pre-conceptions, we tap into conventional wisdom and learn.

Dates & times:

Monday, October 30, 2017
at 6 pm CET

OR

Friday, November 10, 2017
at 2 pm CET

2

No pain, no gain: Leading change

Get closer to identifying your typical patterns of responding to change. Think about what could get into your way of becoming the best version of yourself and how to manage those barriers pro-actively.

Dates & times:

Friday, December 15, 2017 at 2
pm CET

OR

Monday, December 18, 2017
at 6 pm CET

3

Change your story. Change your world.

Identify the stories you tell yourself and sense what impact they have on your thinking and feeling. Look at dysfunctional stories from various and new perspectives. Change them so that they support your goal as a leader.

Dates & times:

Friday, February 2, 2018 at 2
pm CET

OR

Monday, February 12, 2018
at 6 pm CET

Register for all or individual webinars via: <https://www.inspired-executives.com/fresh-women-development-program-webinars/>

FRESH Webinar schedule **2**

4

Energy, not time: Build resilience and manage stress

Identify your stressors and energy sources and plan to incorporate more of what gives you energy into your daily routine.

Dates & times:

Monday, April 09, 2018
at 6 pm CET

OR

Friday, April 20, 2018
at 2 pm CET

5

Relationships matter: Tough conversations and feedback

Identify what it takes for you to be more courageous in your approach to tough conversations and feedback. Let's explore how you can optimally nurture your courageous self.

Dates & times:

Friday, June 1, 2018
at 2 pm CET

OR

Monday, June 11, 2018
at 2 pm CET

6

Putting it all together: Your leadership excellence plan

It will be your plan that you can use to guide your development. Used optimally, it can be a dynamic plan that you update on a regular basis to reflect your leadership experiences and changes in your thinking about your development.

Dates & times:

Monday, August 6, 2018
at 6 pm CET

OR

Friday, August 24, 2018
at 2 pm CET

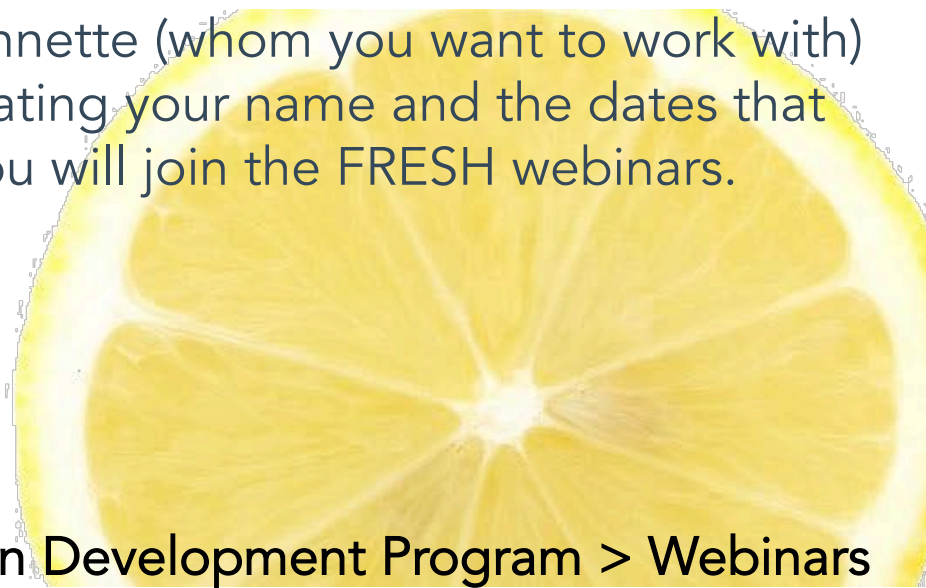
Register for all or individual webinars via: <https://www.inspired-executives.com/fresh-women-development-program-webinars/>

FRESH Webinars – Perks

Based on your interest, calendar or development needs, you are welcome to join single webinars or book the entire webinar series (€ 9.99 per session). Each session is designed for 75 – 90 minutes to allow for utmost interactivity and engagement.

Each FRESH webinar participant is welcome to join the **FRESH online community**. Details will be shared in each webinar.

If you register for all six webinars at once, you are eligible for a **complimentary one-hour-coaching session via phone or Skype** with Mónica or Annette. All you need to do to schedule your free coaching session is to send an email to either Monica or Annette (whom you want to work with) stating your name and the dates that you will join the FRESH webinars.



More information on
inspired-executives.com > FRESH Women Development Program > Webinars

FRESH Webinars: Register now!



Become the kind of leader the world needs now.

We help you transform into the best versions of yourselves from the inside out.

For us, at LFM Coaching & Inspired Executives it is all about leadership. Leadership is a way of being, and it starts with you.

Registration for our FRESH webinars is open. We look forward to your participation.

More information on
inspired-executives.com > FRESH Women Development Program > Webinars

FRESH Coaching

You can engage in a coaching process with LFM Coaching, Inspired Executives or a certified professional coach from the FRESH coaching pool at a special rate at any time. If you register for all six FRESH webinars, you are eligible for a free 60-minute coaching session.

Exemplary situations that call for coaching:

- You need to make tough or courageous decisions
- Your career is stuck or you are in transition between jobs
- You are about to take on a new leadership role
- You are faced with a lot of conflict and want to resolve it
- You need to manage office politics more optimally

More information on

inspired-executives.com > FRESH Women Development Program > Coaching

FRESH Community

Get involved! Being active in the growing international FRESH female community is an essential part of the FRESH Women Development Program.

Humans by nature are social beings. We need to be around other people for us to feel happy, secure and safe. Being connected brings us inspiration, helps us succeed in business and find our way in life, and it helps us fulfill our need of purpose.

Each FRESH webinar participant is welcome to join the FRESH online community. Details will be shared in each webinar.

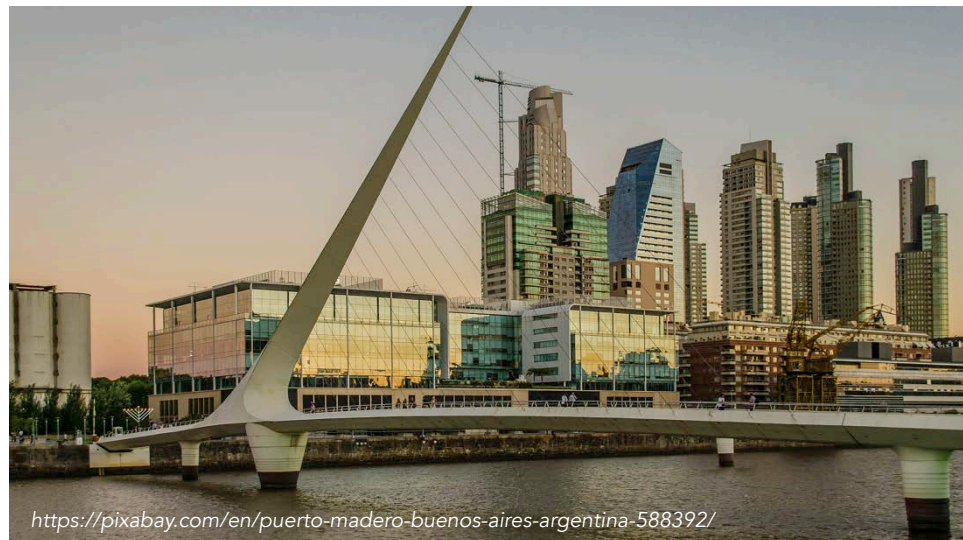
More information on
inspired-executives.com > FRESH Women Development Program > Community

FRESH Elements



FRESH Workshops

In-person women leadership retreats are planned to be held
in Buenos Aires, Argentina – Fall 2018
in Frankfurt am Main, Germany – Spring 2019



More information on
inspired-executives.com > FRESH Women Development Program > Workshops

Become the kind of leader the world needs now



It is time to take our leadership to the next level. With FRESH we want to create a movement of female leaders across the globe who want to make the corporate world more humane.

Join us.

Registration for our FRESH webinars is open now. You can also book a free coaching session at any time.

Contact us.

More information on
inspired-executives.com > FRESH Women Development Program

Contact us



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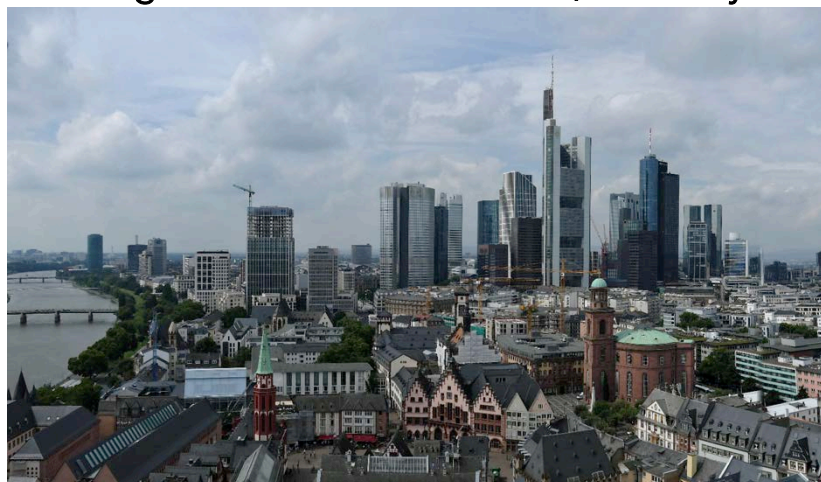
PCC, M.A., has 25+ years experience as a manager and mentor in multinational financial services companies, and 15+ years experience coaching leaders at all levels – front line to C-Suite and in life – around the globe. Annette has been an active and accredited member of the International Coach Federation for almost 10 years. With her Frankfurt-based coaching business Inspired Executives, she develops individuals and organizations from the inside out in the fields of innovation, change management, leadership excellence, resilience and cross-cultural communication.



Mónica F. Leguizamón
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Coach, HR professional, and MBA in general management, has 30+ years professional experience in financial services organizations (Bank of America, Deutsche Bank, Banco Comafi – Argentina), and almost 20 years as manager of Human Resources. In 2015, Mónica founded LFM Coaching who provide clients with customized services based on their needs. At your service, for you to flourish!

Greetings from Frankfurt am Main, Germany



<https://pixabay.com/en/old-town-historic-old-town-2661808/>

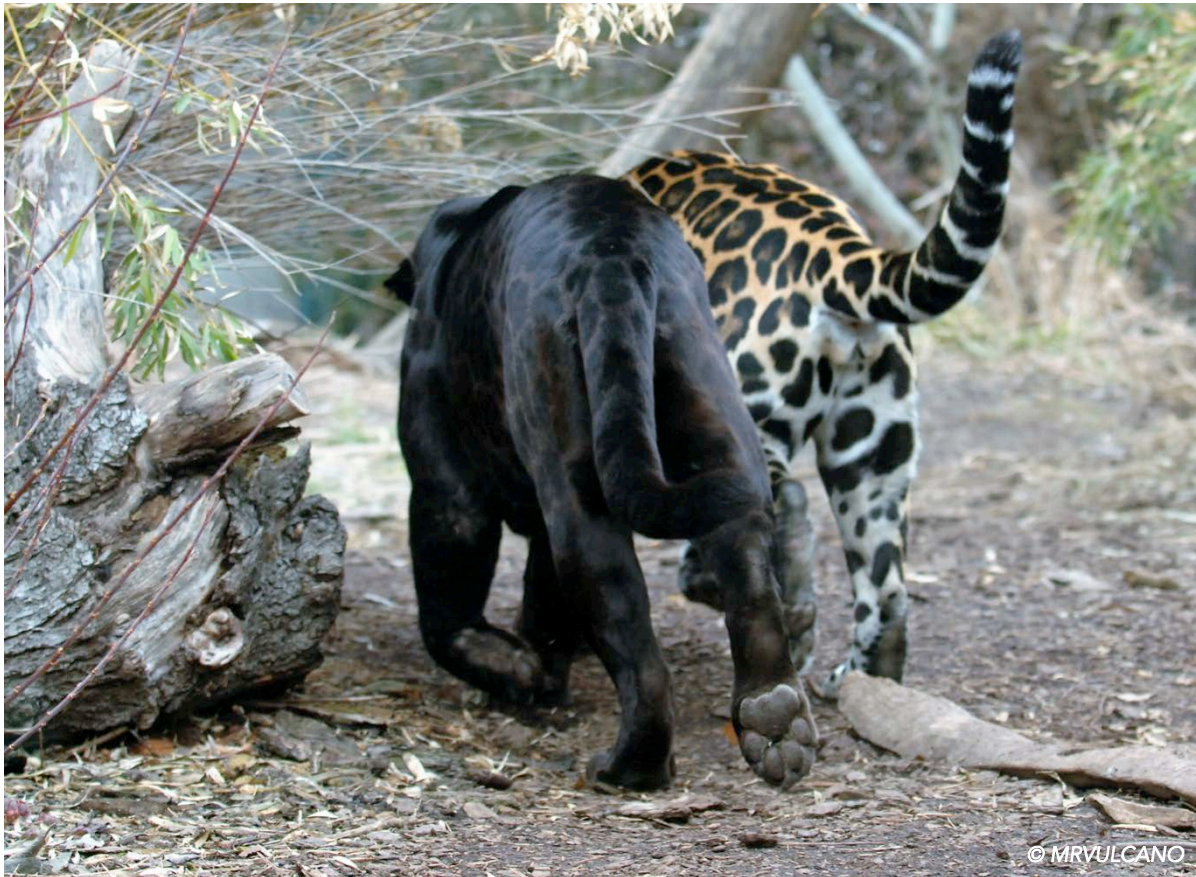
Greetings from Buenos Aires, Argentina



<https://pixabay.com/en/buenos-aires-argentina-obelisk-2437858/>

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See you soon!



All information on
inspired-executives.com >
FRESH Women Development Program