

# YOUR AUTHENTIC SELF – SHINE AS A LEADER



**We believe that a charismatic leader is somebody who is authentic and well rooted with her- or himself and her or his values. Dare to be yourself and discover the impact of authenticity on your teams and your organization.**

Charismatic Leadership – can this be learned? In this workshop, you will learn how to manage your stakeholders with confidence. You will do some body work to discover your dispositions that empower your credibility and natural authority. You will practice how to manage emotions like stress, how to stay calm and how to react well and adequately in difficult situations. We will also talk about the skill of active listening and how to give and receive feedback. This workshop will help you enhance your own leadership resources by discovering the authentic leader in yourself.

## OUTCOMES

You will

- have a charismatic presence
- use your body language in a way that underlines your communication and your authentic leadership
- manage your energy in an optimal way
- cultivate a situation of “flow”
- create an atmosphere of trust with your team and clients
- behave in an assertive way
- display your natural authority

## Target Audience

Junior to mid-level high potential female managers with at least 8 years of working experience and ideally first leadership experience

Max. 25 participants from different Advance member companies

## Format

One day workshop (1 credit per participant)

Additional credits can be bought for 1'100 CHF per participant

Language: French

## Registrations

Via the member area of the Advance website

## FACILITATION



Ana Maria Vidal is a trainer, coach, actress, journalist and writer. Passionate about human matters interpellated by gender conditioning, she has been working as an actress, journalist (23 years on Spanish TV) and director of her own media company. In the year 2000, she has reoriented her professional career. Through therapy, coaching, listening and body pedagogy (Cos-Art), she creates her own trainings and participates as a trainer in leadership, communication and listening programs, specializing in the development of natural authority. She puts her experience as a woman, mother and professional to the service of women-specific empowerment. She collaborates with different Equality Offices in Spain and participated in the creation of the Gender School of the Balearic Islands (Escuela Genérica), where she was responsible of women's leadership trainings until 2011. Since 2002, she has been a trainer and coach also in Switzerland, where she is officially domiciled since late 2013.



## Advance Skill Building for Rising Leaders

The Advance Skill Building workshops equip talented women with the core skills, capabilities and leadership mindset that are critical to climb the corporate ladder. Every workshop is also an excellent opportunity to meet peers from different Advance member companies, allowing you to broaden your business network.

For more information, please contact the Advance workshop coordinator at [contact@advance-women.ch](mailto:contact@advance-women.ch) / [www.advance-women.ch](http://www.advance-women.ch)