

Women Empowerment



326-P26-CE



In-Class



16 hours

Course Description:

This program is designed for women new to leadership roles who want to lead with confidence, emotional intelligence, and a focus on inclusion. It equips participants with practical tools to navigate workplace bias, communicate assertively, and manage emotions in challenging situations. Through real-life scenarios and self-awareness techniques, women leaders strengthen their ability to handle difficult conversations, manage anger constructively, and lead diverse teams with empathy and authority—building a strong leadership presence that drives respect, engagement, and performance.

Target Audience:

This program is designed for women in new or emerging leadership roles, including first-time managers, newly promoted supervisors, high-potential female employees, and women transitioning into leadership positions.

Course Objectives:

By the end of this course, participants will be able to:

- Explain key concepts of diversity and inclusion, including workplace stereotypes, bias, discrimination, and the role of effective communication in creating an inclusive work environment.
- Describe the sources of anger, the principles of assertive behavior, and the structured processes used to manage personal anger and respond constructively to anger in others.

Course Outline

Part 1: Diversity and Inclusion

Module 1: Empowering Diversity and Inclusion

- Introduction to Diversity & Inclusion
- Understanding Diversity at a Deeper Level
- Understanding Stereotypes in the Workplace
- Break Down Barriers to Bias and Stereotypes
- Communication, diversity & inclusion

Module 2: Thriving in a Diverse Workplace

- Improving Nonverbal Communication in the Workplace
- Sensitivity in the Workplace
- Discrimination in the Workplace
- Managing Discrimination Complaints
- Review of Diversity & Inclusion

Part 2: Anger Management

Module 1: The Anger Management Skill Set

- Having the "Right Skill Set" for managing anger
- The 4 deep sources of anger
- The assertive statement to communicate anger
- Rules of assertive behavior

Module 2: The Anger Management Process

- My personal anger assessment – Self-assessment
- A four-step process to effectively express your anger

Module 3: Handling Anger in Others

- The importance of listening
- Summarizing and reflecting back on what was said
- Reflecting emotions and reframing statements
- Three-step technique for handling anger in others

Assessment Strategy:

Participants will be informally assessed based on their interaction during sessions and their participation in the group exercises.

Course completion will grant participants:

1.3 CEUs

Course Language:

- Training Material: English
- Facilitation: Bilingual

Prerequisites:

None