SHE LEADS CHANGE

# You know you're capable of more

## you just haven't found the clarity, the community or the confidence to reach it...

linkedin.com/company/she-leads-change

# ...yet

***She Leads Change · Leading From Within***
***begins 3 November 2026***

# Is this for you?

SHE LEADS CHANGE

## Be honest with yourself

You hold a lot for others. Your competence is visible. But there's something unspoken. A next version of yourself you can sense but can't quite reach. Not because you lack ambition, drive or capability. Because you haven't had the space, the inspiration, or the kindred minds, to go after it.

*I'm braver. I speak my truth even if my voice shakes. I feel like I am coming of age."*

—Laura Stone, LFW participant

## Successful on the outside. Quietly wondering if there's more?

You do not need to have it all figured out, and you do not need to be certain you are ready. You only need to be curious. If some part of you suspects there is a fuller, truer version of your leadership waiting, this is where you come to find it.

This is not just another course, and it is not more advice. It is a space where real thinking happens, in great company. The questions are yours. The direction is yours. And so are the answers.

It invites you to go deep. We name that honestly, because the depth is the point. You do not have to arrive ready for it. You only have to be willing to follow your curiosity and see where it leads.

*"If you are looking for a comfortable way to be fed a few new leadership ideas, this course probably isn't for you. If you are looking for a safe place to really explore your values, beliefs and perspectives - and to help you realise how to be the leader you know you can be - then I encourage you to sign up."*

— Dr Eleanor Andressen, Pearson · LFW participant

# What changes?

**Not just doing leadership better. Being a better leader.**

SHE LEADS CHANGE

## Clarity

Knowing what you want and why it matters. The kind of clarity that comes from slowing down enough to actually hear yourself think.

## Confidence

The kind that comes from knowing yourself more deeply, Not performed. Earned.

## Courage

To lead in a way that actually feels like you.

## Resilience

Finding your ground, resources and your way forward when things are hard.

## Connection & Community

A peer group of women who get it. You come for yourself. You leave as part of something bigger and bolder. A network of 500+ women across public sector, NGO, corporate and social enterprise that continues long after the programme ends.

*"She Leads Change isn't just about doing better leadership - it's about being a better leader. I highly recommend it for anyone open to doing really meaningful leadership work with openness, honesty and humility."*

—Cat Sneath, LFW participant

**82%** feel more confident as leaders

**88%** bring learning into their workplace

**97%** improve listening skills

# How it works

**A rigorous framework. An emergent programme.**

The facilitation team holds the container, seven themed sessions, each with its own pre-reading, preparation and follow-up, but the content is emergent, shaped by the women in the (virtual) room. From the outset, participants step forward to lead, share and challenge.

*"Co-creation is the unique element. I found that wonderful stretch into a place you're unfamiliar. I don't think that's something that's readily available elsewhere."*

—LFW graduate

Your expert facilitation team is led by Sula Bruce, ICF PCC, who will hold you to your highest, seeing you as the leader you are becoming. When someone sees more in you than you are able to currently see in yourself, the bar rises, and so do you.
That's not accidental. It's the work.

# The programme

SHE LEADS CHANGE

## What's included?

- 7 group sessions - 3-hours each 2.30–5.30pm GMT. As a whole group, in a facilitated peer group of 6, and in intimate conversations.
- 1:1 peer coaching sessions and the opportunity to work with coaches from our carefully curated network of qualified practitioners. The right person, for the right conversation.
- 12 self-directed reflective exercises - journal prompts and pre-reads to deepen the work between sessions.
- 1 networking session with the wider SLC alumni and coach community

*"This is no ordinary leadership skills course. This is about self-awareness and reflection, opening up, leaning into the uncomfortable, exploring, sharing and learning with others. There are no passive moments – this is a wholehearted, full-bodied learning experience, driven from within."*

—Hannah Cheek, Co-Head of Mentoring WILL UK, Pearson

## Cohort dates

Autumn 2026 . Tuesdays from 2.30–5.30pm GMT

| | |
|---|---|
| **Session 1 · Arrival - Roots** | - 3 November |
| **Session 2 · Self** | - 17 November |
| **Session 3 · Other** | - 1 December |
| **Session 4 · System** | - 15 December |
| **Session 5 · Resilience** | - 12 January 2027 |
| **Session 6 · Integration** | - 26 January 2027 |
| **Session 7: Whole - Community** | - 11 February 2027 |

Leading From Within is a UK-based programme, open to women leading change wherever they're based. Women join in their own right, or are sponsored by their organisation.

Virtual · All sectors · 3 days total time away from work over 3 months

# Investment

She Leads Change prioritises diversity and inclusion. We deliberately bring together women from different sectors, backgrounds and life experiences - working alongside people whose perspectives differ from our own is part of what makes the learning so rich.

| | Incl. peer coaching | Incl. professional coaching |
|---|---|---|
| Individual / self-funded | **£695** | **£995** |
| Charity / Small NFP | **£1,250** | **£1,850** |
| Public sector / Government | **£1,500** | **£2,100** |
| Corporate | **£1,950** | **£2,670** |

We want She Leads Change to be accessible to as many women as possible. If you have accessibility needs or would benefit from reasonable adjustments around pace, format, materials or anything else please get in touch before applying so we can talk through what's possible.

## If you're reading this, there's still time.

**Applications close when the cohort is full.**
**Places are Limited**

APPLY NOW

**or get in touch to find out more**

**Email** lead@sheleadschange.org
**Visit:** sheleadschange.org
**Connect:** linkedin.com/company/sheleadschange
**Schedule:** a 20 minute conversation with Sula Bruce

Does your organisation sponsor leadership development?

We have a separate brochure for L&D leads and line managers.
***Email lead@sheleadschange.org*** to request it.