



# Women in Leadership



The  
**Power  
Within**<sup>®</sup>

Executive Diploma



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**Learn More:**  
<https://bit.ly/WomenInLeadership-Construction>





## About Us

At The Power Within Training, we're dedicated to redefining leadership excellence.

For years, we've been guiding individuals and organisations to discover and refine their unique leadership approach through our bespoke courses.

Our philosophy is grounded in the latest advancements in neuroscience and cognitive and social psychology. This fusion of science and strategy helps you to find your very own leadership style.

Joining our leadership training journey means embarking on a path to think **bigger**, be **better**, and achieve **more**. Our courses go beyond conventional tests.

We cultivate focused, prepared leaders who are deeply committed to fostering a positive and productive team environment.

Our commitment is to facilitate your growth and transform how you and your business confront and overcome future challenges.

We champion accountability, resilience, and adaptability in the face of change.

At the heart of The Power Within Training is a passion for igniting and nurturing tomorrow's leaders. We're dynamic, compassionate, and relentlessly pursuing positivity and lasting impact.

We believe in challenging and expanding your perspectives on business, teamwork, and personal growth. With us, you'll unlock your unlimited potential and set the stage for achievements that surpass even your wildest dreams.

Join us, and let's make real change that lasts.



## Our Method

At the heart of our approach lies a profound insight into the human condition, bridging the latest in neuroscience with ground-breaking discoveries in cognitive psychology.

This intersection reveals the key to unlocking our potential, opening our minds, and achieving unparalleled success: **Motivational Intelligence**.

Motivational Intelligence (MQ) is the art of overcoming negative thoughts and self-limiting beliefs to overcome obstacles and achieve goals.

It's a concept rooted in the most pivotal and extensively researched areas of social psychology, earning awards such as a Nobel Prize and being hailed as one of the twentieth century's top ten scientific breakthroughs.

But what truly sets Motivational Intelligence apart is its ability to answer the fundamental questions of 'why?' Why do some individuals excel where others falter?

Why can some adapt effortlessly while others are paralysed by change? Why do some give up at the first sign of challenge, whereas others persevere against all odds?

Success is not solely determined by intelligence quotient (IQ) or emotional quotient (EQ). The real game-changer is a high MQ.

This form of intelligence weaves through every monumental human achievement, every overcome challenge, and every story of resilience.

The stark difference between those who succeed and those who struggle lies in their level of Motivational Intelligence.

Recognised as the third and most impactful level of human Intelligence, MQ is the cornerstone of our methodology at The Power Within Training, empowering you to go beyond your limits and craft a legacy of success.



## The Science Behind Motivational Intelligence

We define Motivational Intelligence as “the ability to motivate oneself and others” and we have identified two primary routes for practising Motivational Intelligence.

First, by identifying and managing negative thoughts and self-limiting beliefs. Second, by identifying and managing human needs. To teach Motivational Intelligence to our clients, we integrate the psychological science and neuroscience of motivation into our training programmes.

Our research has found that the psychological phenomenon known as the growth mindset strongly contributes to motivation and success across several outcomes in the workplace. Therefore, teachings of the growth mindset underpin our training programmes. Beyond the benefits of the growth mindset for driving success in the workplace, the growth mindset has been shown to benefit Equity, Diversity, and Inclusion by increasing the comfort with which people of different groups interact.

The latest neuroscientific research converges upon the theory that the brain is a “prediction-making machine”.

As a result, our training programmes combine this research with research on the psychology of motivation so that we can teach our clients how to leverage their subconscious processes to inspire increased motivation in themselves and others.

Scientific research is not just distilled and taught through our training programmes; it is the foundation.

We draw upon the findings from cognitive science and psychological “intervention” research to ensure our clients remember and apply their lessons in practice, making our programmes not just informative but also highly effective.





## Build Your Leadership Legacy in Construction

### Lead the Way in Construction with Confidence and Clarity

Step into your full potential as a leader with our Women in Leadership programme, crafted exclusively for female leaders and managers in the construction sector.

This programme will empower you with the skills, insights, and confidence needed to thrive in a traditionally male-dominated industry, transforming challenges into stepping stones for success.

Traditional leadership methods are no longer enough in the rapidly changing construction sector. Whether you're leading on-site teams, managing large-scale projects, or driving innovation within your organisation, our programme equips you with the tools to lead effectively and authentically.

Accredited by the Scottish Qualification Authority (SQA), this Executive Diploma in Women in Leadership: Leading with Motivational Intelligence meets the highest leadership development standards and is internationally recognised by universities, government bodies, and industry professionals worldwide.

### Empower Your Leadership Journey

Join a transformative journey that builds your leadership skills and addresses the unique challenges women face in the construction industry. From navigating workplace dynamics to balancing external responsibilities like family, our programme is here to support and elevate your leadership style.



# Why Choose Our Programme?

Choosing our Women in Leadership programme is an investment in your growth and future.

Here's how it can benefit you:

**Overcome Gender Bias with Confidence:**

Learn strategies to assert your authority and expertise in a male-dominated environment and break down barriers to your leadership potential.

**Navigate Work-Life Balance:**

Gain insights into managing personal challenges like family responsibilities and menopause, ensuring you maintain a healthy work-life balance while excelling in your role.

**Lead with Resilience and Adaptability:**

Develop the resilience to tackle industry-specific challenges and lead your teams through the uncertainties and demands of construction projects.

**Foster Inclusivity and Collaboration:**

Enhance your ability to build inclusive teams, encouraging collaboration and ensuring diverse perspectives are valued and integrated into your projects.

**Transform Team Culture:**

Lead by example and foster a culture of accountability, growth, and respect, driving your team to exceed expectations and achieve outstanding results.

**Gain Recognition and Influence:**

Equip yourself with the tools to navigate industry networks, mentor future leaders, and establish yourself as a key influencer in the construction sector.

By joining our programme, you'll gain invaluable insights and practical tools that will empower you to lead with confidence and inspire your team to achieve remarkable results.





# Overcome Common Leadership Challenges

Women in the construction industry face unique challenges, from gender bias to the pressures of managing complex projects. Our programme directly addresses these obstacles, providing you with practical solutions and strategies to lead with confidence.

These challenges also include a lack of ownership and accountability, which often results in too many departmental silos and too many excuses. Indifference within the team, a lack of initiative, and being crippled by change are also common obstacles that can severely impact productivity.

Poor uptake of transitional change and a lack of focus can slow down progress, leading to slow adoption and limited buy-in for new strategies or goals. High staff turnover, too much reactive fire-fighting, and high resistance to change further complicate the leadership landscape.

Additionally, breakdowns in communication, a lack of engagement, and the majority of the workload being shouldered by too few people can create significant roadblocks to success.

All these problems can only be solved through stronger leadership. Well-led teams are not just better at managing these challenges—they outperform their peers by an impressive 900%.

Our Women in Leadership programme provides you with the skills and insights needed to tackle these issues head-on, transform your team, and drive exceptional performance.

Let's address these common leadership challenges together, fostering a culture of accountability, initiative, and engagement within your organisation.





## What You Can Expect

Our programme is structured into seven powerful modules, each designed to equip you with essential leadership skills and insights.

With a blend of theoretical knowledge and practical application, you'll leave each session ready to immediately implement what you've learned.

Here's a snapshot of what you'll explore in each module, setting you on a path to becoming a more effective and inspiring leader.

**Module 1:** Self-Leadership & The Secret to Personal Success.

**Module 2:** The Role of Intelligence When Leading in Turbulent Times.

**Module 3:** The Pillars of Human Performance.

**Module 4:** Management Versus Leadership: The Two Critical and Co-Dependent Skill sets for Creating Team Success.

**Module 5:** Exploring and Defining Leadership: Dispelling the Myths That Surround It.

**Module 6:** Building a Leadership Toolbox: Fostering Adaptability, Resilience, and Courage.

**Module 7:** Helping Employees Develop a Healthy Perspective and Resilient Attitude.



## Inside Each Module

Each module in our programme is carefully designed to provide a comprehensive and practical learning experience, ensuring that you can immediately apply what you learn to your leadership role.

**A Relevant and Topical Learning Objective:**

Each session begins with a clear and focused learning objective, specifically tailored to address your current leadership challenges and equip you with the necessary skills and knowledge.

**An Assessment Component to Gauge Strengths and Weaknesses:**

You will engage in assessments that help you identify your strengths and areas for improvement. This self-awareness is crucial for personal and professional growth.

**An Action Planning, Implementation, and Feedback Component:**

Each module includes action planning and implementation exercises. You'll develop actionable strategies and receive comprehensive feedback to refine your approach, ensuring the practical application of the concepts learned.

**A Work-Based Commitment Component for Accountability:**

You'll commit to specific work-based activities to reinforce learning and ensure accountability. These commitments will help you practice and embed the new skills and strategies within your team and organisation.

This structured approach ensures that each module is theoretical and highly practical, enabling you to make immediate and impactful changes in your leadership style and team dynamics.





## The Essential Topics You'll Learn

Our Executive Diploma in Women in Leadership covers key topics to ensure you emerge as a confident, capable leader in the construction industry.

You'll start by assessing your leadership and management strengths and identifying areas for improvement. Then, you'll learn strategic planning and development to guide your team effectively. Creating a culture of accountability is crucial, and you'll discover techniques for setting clear expectations and holding team members accountable.

Developing individual development plans (IDPs) will support your team's continuous growth, while effective reward and recognition systems will help motivate and retain top talent.

You'll also tackle breaking down organisational silos, promoting unity and cooperation across departments.

Articulating a clear organisational vision and setting compelling goals will inspire and align your team. Finally, you'll enhance your communication and collaboration skills, ensuring you can convey ideas, listen actively, and foster a cooperative work environment.

These essential topics ensure you are well-equipped to lead confidently, driving your team and organisation towards greater success.



## Dynamic Learning Experience: Format & Duration

The programme is delivered in seven modular sessions, each lasting between 3 to 3.5 hours, starting at 9:30 am via live Zoom training.

Additionally, you will spend approximately 2 hours per week working on your online training assignments and leadership development plan.

All training sessions are recorded, so if you need to miss a session, you can log in to your account and re-watch the video at your convenience. With lifetime access to these recordings, you can revisit the material as often as you need.

You will also have 24/7 access to our training mentors and coaches for additional support or help with the programme. This ensures you have all the resources you need to succeed and can apply what you learn effectively in your leadership role.

“

**A course given by a true leader herself.**

This has been a transformative experience for me. Before taking this course I didn't really have the confidence within myself as to how I could be an affective leader and help and support others. The interactive sessions provided practical examples that I could use in my day to day interactions with my team and also my self development. I highly recommend this course to anyone who wants to make a difference as a leader and create a motivated and high-performing team.

- Benedicte Asseloos, Business Development Representative at Omada





# Funding Options & Links to Apply

## Support for the UK Construction Sector

Are you involved in the UK Construction Sector? You might qualify for full or partial funding through the CITB Skills and Training Fund, aimed at enhancing skills within the construction industry.

## Grants for the UK Engineering Sector

For professionals within the UK Engineering Sector, there are opportunities for full or partial funding through ECITB grants. These grants support ongoing professional development and skills enhancement.

## Check Your Eligibility Today!

Don't miss out on the chance to fund your growth. Check your eligibility for these funding opportunities now and make your professional development more accessible.

## Construction Employers Registration for Grants & Funding:

 <https://bit.ly/citb-registration>

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## Skills & Training Fund:

 <https://bit.ly/citb-info>

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## Apply Now:

 <https://bit.ly/WomenInLeadership-Construction>

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## Contact Us:

 0330 133 2975

 [contact@tpwtd.com](mailto:contact@tpwtd.com)



## Success Stories

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**This training has completely surpassed all of my expectations.**

Before doing the training, I was a bit sceptical because I've had training and coaching before, but it hasn't really hit the mark. However, this training has completely surpassed all of my expectations.

Everything has increased financially, our sales are fantastic, and we've got strong leads coming in, which is exactly what we came to the training to achieve.

- Jessica Covill, Director & Business Development Lead at Mobile Carpets & Flooring Ltd

“

**I had never heard of Motivational Intelligence before this course, but now I realise it affects many areas of life.**

I have learnt about the key differences between management and leadership and how MQ can be such a useful tool for self-development whether in my personal life or professionally as a manager and aspiring leader. Thank you for such a great course. It has really encouraged me to pause and reflect in order to move forward.

- Kerri Tyler, Senior Solicitor at Vistry Group





# Inspiring the Leaders of Tomorrow, Today

## Contact Us Today!

Our team at The Power Within Training are standing by to make sure you get the help you need.

Whether you have a question, are interested in finding out more or looking for a proposal and more, **we're here for you!**



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