

# WE -RISE Academy



## WOMEN EMPOWERMENT *Rise to Leadership*



**EMPLOYERS'  
FEDERATION  
OF PAKISTAN**  
The Apex Body of Employers

**Empowering Women by Building Skills and  
Creating Opportunities**



**Hybrid Model**

**EFP e-learning platform: 16-19 September 2023**

**In-person: 20 September 2023, Karachi**

## **OVERVIEW**

### **what is WE-RISE?**

WE-RISE is dedicated to empowering women with essential tools for personal and professional growth. This program aims to empower women in or aspiring for management roles by becoming more self-aware and cultivating leadership excellence.

Join us to navigate your path to success and fulfillment in both personal and career aspects.

### **the FOUR key ingredients:**

**Unique Mix** of Concepts to Empower Women in Leadership

**Learning** interactive learning modules on key managerial skills and opportunities

**Coaching** personal action planning, guidance, and tips

**Resources** a library to go deeper and access to a community of peers.

## WHAT

### what are the topics covered in this Academy?

#### **Module 1: Redefining Leadership with Women**

Discover leadership essence, hidden performance triggers, value-centric approaches, and cross-gender lessons

#### **Module 3: Empowerment through Emotional Regulation**

Exploring emotional regulation, leveraging self-awareness for control, Mindfulness-Based Stress Reduction (MBSR), and enhancing positivity through micro-confidence.

#### **Module 2: Self-Discovery & Confidence**

Unveiling self-awareness's significance, cultivating confidence via innate strengths, and tackling imposter syndrome.

#### **Module 4: Engaging with Impact**

Mastering strategic questioning, honing interpersonal communication, progressing from relationship establishment to leverage, and collaboratively constructing a leadership blueprint.

### what will I learn?

Women in or aspiring for management roles will be able to:

- Define the attributes of effective women leaders
- Cultivate authentic values for meaningful connections
- Navigate emotional well-being in mind, heart, and body
- Formulate value-centric leadership objectives and tactics
- Understand how our communication impacts others

### what else is included?

#### **Online Coaching Session**

Half-hour Online Personal Coaching Session, action planning, guidance, and tips with the Instructor.

*A Safe Space to prepare for daily management challenges*

## WHO

### who can participate in this program?

- Women currently in management positions
- Aspiring young leaders
- Those seeking to enhance self-awareness
- Individuals dedicated to cultivating leadership excellence

## OUR TRAINER

### Tazeen Mohsin

Organizational & Associate Clinical Psychologist

An organizational and associate clinical psychologist with 10+ years of experience working with individuals and corporates. She has delivered leadership and management programs for over 1500 employees both locally and internationally.



## PARTICIPATION PACKAGE

### Basic Package

(excluding coaching sessions)

#### For EFP Members

Rs. 30,000 Exclusive of taxes

#### For EFP Non-Members

Rs. 32,000 Exclusive of taxes

### Full Package

(Including coaching sessions)

#### For EFP Members

Rs. 35,000 Exclusive of taxes

#### For EFP Non-Members

Rs. 37,000 Exclusive of taxes

*Note: If the participant/s does not show up or in case the nominated company itself withdraws nomination at any stage, the Processing Fees shall not be refundable/will be fully charged.*

## HOW TO PARTICIPATE

[Register Now! Click here](#)

Drop us an email at [services@efp.org.pk](mailto:services@efp.org.pk) for more details

## CONTACT US

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