

# The Team Wales LEADHERSHIP Programme

**Where Business Meets Sport. Inspiring Women to Lead, Transform, and Succeed.**

## **Introduction:**

In traditionally male-dominated sectors such as sport and business, women have historically been underrepresented in leadership roles. However, a significant shift is underway as more women are breaking barriers and stepping into influential positions. By bringing together the worlds of sport and business, this programme creates an invaluable space for women to share experiences, overcome challenges, and develop the essential skills, confidence, and knowledge to thrive in leadership.

## **Programme Objectives:**

The initiative is designed to empower women in leadership roles across both the sport and business further:

- Fostering a sense of personal agency and confidence as women in the workplace.
- Raising awareness of gender dynamics and the everyday realities of their professional environments.
- Assisting participants in building alliances, support networks, and strategic partnerships.
- Developing the skills to deconstruct and reconstruct professional environments based on situational factors.
- Enhancing participants' ability to navigate and thrive in gendered working environments.

## **Programme Structure:**

The year-long programme will comprise four two-day residential sessions, covering the following key themes:

- The Social Landscape.
- Developing the Self and Developing Others.
- Constructing Contexts and Developing Agency.
- The Afterlife: Future Plans and Ongoing Development.

In addition, there will be four online sessions to include a financial literacy session with RBC Brewin Dolphin.

## **Unique Features:**

The programme will culminate in a dynamic series of interviews and panel discussions featuring inspirational women leaders from both business and sport. These conversations will provide invaluable insights and inspiration for participants as they navigate their own leadership journeys.

**In Partnership with Cardiff Metropolitan University & RBC Brewin Dolphin.**

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