



# THE WOMEN RISING PROGRAM

*Unlock the potential of  
women in your workplace.*

PROGRAM GUIDE  
FOR ORGANIZATIONS





## Unlock the potential of women in your workplace.

Invest in women's leadership development that works to attract, retain and grow your female talent. Join hundreds of organizations and thousands of women in the proven Women Rising program.

## Creating change for women, their allies and your business.

If you're looking for a proven method to help women show up with authenticity, confidence and leadership skills that will create breakthroughs not only for them, but for your business, then join thousands of women and their allies for the Women Rising program.

The Women Rising program is a holistic personal and professional development journey that women around the world consistently call life changing. It brings together an evidence based curriculum, supportive community and expert coaching to drive remarkable outcomes.



96% of participants say they have new tools to progress their career.



94% report they are a stronger leader from doing this program.



98% would recommend the Women Rising program to a colleague.

# Join 500+ Organizations Leading Change for Women at Work

WOMEN RISING IS THE FASTEST GROWING WOMEN'S LEADERSHIP DEVELOPMENT PROGRAM OF ITS KIND GLOBALLY FOR ONE REASON: BECAUSE IT WORKS.



6700

WOMEN



750

ALLIES



586

ORGANISATIONS



56

COUNTRIES

[MARCH 2024 PROGRAM: REGISTER NOW](#)

# Empower Women, Empower Your Business

Despite progress in recent years, women still face significant challenges in the workplace. The fact is, women are still not equal at work. It's time for a breakthrough to create a more inclusive and diverse workplace that benefits everyone.

For women to reach their full potential, and for your business to thrive, it's time to invest in women's leadership development that works. The business case is clear and compelling, with proven benefits for companies that prioritize diversity and inclusion. Don't wait another 135 years for gender equality - join the movement for change with Women Rising.



## IMPROVED RETENTION

Research shows that nearly 80% of women who participate in leadership development programs feel more committed to their organization, and nearly 70% are more likely to stay with their current employer.



## INCREASED PROFITABILITY

Companies with more women in leadership roles have higher stock price returns, and companies in the top quartile for gender diversity on their executive teams were 25% more likely to have above-average profitability.



## BETTER RECRUITMENT

Companies that value and invest in diversity and inclusion are more attractive to top talent, including women. By having more women in leadership and teams, companies can attract a more diverse and talented workforce.



## HIGHER ENGAGEMENT

Women in leadership roles tend to have higher levels of employee engagement and job satisfaction from their team members and better performance, according to a study by Gallup.



# **Transforming Women's Careers: The Women Rising Program in Action**

Click each box to read more.

# Our Unique Model of Change

The Women Rising program empowers women to succeed, and supports your organization to better attract, retain and promote women. And as the only global women's leadership program that has an optional parallel program for male allies, our clients tell us that Women Rising is as close to a silver bullet as you will find to drive real outcomes for gender diversity.

## WOMEN RISING PROGRAM

The 4-month virtual program experience. Everything is included, and all women are welcome.

The Women Rising program empowers all women with an evidence-based curriculum, virtual community and expert coaching. Women receive lifetime access to all program materials. Open to all women, all roles, levels and industries.



## MALE ALLIES PROGRAM

This 8-week program runs in parallel with the Women Rising Program. Open to all men seeking to be better allies.

The Male Allies program supports men who want to enhance their leadership, scale their sponsorship and be a more effective ally to women, including male leaders who have women in the Women Rising program.



# The Women Rising Learning Model



## CURRICULUM

Evidence based learning journey with lifetime access to all materials.



## COMMUNITY

Community forums and interest groups for connection and networking.



## COACHING

Expert guidance in live group coaching sessions for every module.

**"The Women Rising program is one of the most powerful and effective development programs I have ever participated in."**

**DANIELLE BUCHNER**

Platform Solution Partner Team Lead, Interactive

## Thousands of women: Proven outcomes



**97%**

I have tools to take more confident action



**98%**

I feel like a more authentic leader



**96%**

I have new tools to progress my career



**93%**

I have clarity on my vision & purpose



**92%**

I'm more intentional about my wellbeing



**98%**

I would highly recommend this program

# The Women Rising Program Includes:

## EVIDENCE BASED CURRICULUM

4 month program with 8 structured modules delivered in our online learning platform. Tested model, proven outcomes.

## LIVE GROUP COACHING SESSIONS

Group coaching sessions for every module throughout the program to answer questions and provide support.

## COMMUNITY PLATFORM AND FORUMS

Interactive lesson forums, interest groups, networking and ongoing mentoring in community platforms.

## GUIDED, ACTIONABLE LEARNING

We help ensure that the learning is easy to apply and embed through coaching playsheets, tips and written guides.

## SELF ASSESSMENT SURVEY

Pre and post program self-assessment surveys to measure personal and professional growth.

## VIRTUAL, FLEXIBLE TRAINING

Bite size lessons in video format and a private audio app. Learn anywhere, anytime on the device of your choice.

## BONUS LESSONS & ADDITIONAL RESOURCES

Bonus lessons and coaching sessions, plus additional resources for deeper learning in every module.

## LIFETIME ACCESS TO ALL MATERIALS

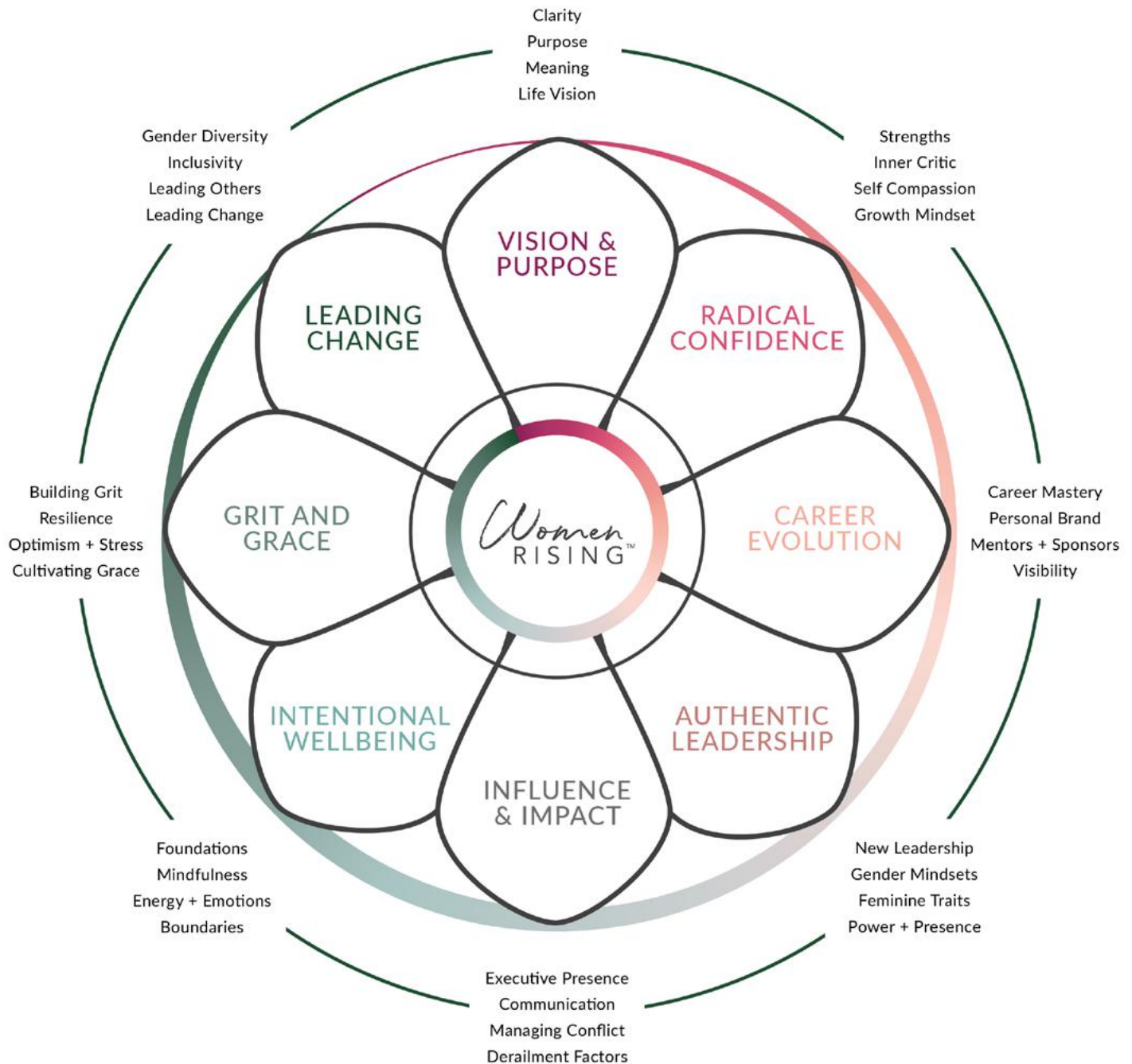
Each program comes with lifetime access, giving ample time to learn, apply lessons, and revisit as often as needed.



# WomenRISING™

## THE JOURNEY

The Women Rising Journey guides women through the core elements we have found over decades of work are the most impactful areas for women's career, leadership and life success.



# The Curriculum

## Module One – Vision + Purpose

Explore your true purpose, what brings meaning to your work and how to craft a vision for your life.

- Bring a deeper level of clarity to what you want most from your life and career.
- Learn how to create more meaning from your current role to enhance your satisfaction and happiness.
- Understand how the why of what you do matters more than anything else when it comes to productivity and performance at work.
- Craft a holistic picture of your life vision and purpose, with actionable tools to bring it into reality.

*Over 93% of program participants report having greater clarity on their life vision and purpose, and more than 90% say they have a clearer understanding of their goals.*

## Module Two – Radical Confidence

Learn an evidence-based approach for how to create radical confidence – the type you have no matter what is going on around you.

- Discover what confidence really is and the game changing three-part framework that will dial down your self-doubt and up level your belief.
- Learn how to better understand your inner critic and how to tame it, not fight with it (and finally understand imposter syndrome).
- Discover and develop your strengths and leverage them to be more authentic and build your true confidence.
- Develop Professor Carol Dweck's growth mindset and use it to build your confidence and create what you want most.

*97% of participants say they have the knowledge and tools to take more confident action, and more than 95% have a better understanding of their strengths. 94% of participants say they feel more confident from doing this program.*

## Module Three – Career Evolution

Develop a career you love, build supportive and sustaining relationships, and build a personal brand that you are known for.

- Understand where you're at on your career mastery journey and how it impacts your career planning and development.
- Discover what you want to be known for in your career, and how to build an aligned personal brand.
- Understand mentors as an important and supportive relationship to help bring out the best in yourself and fast track your results.
- Learn what sponsors are, how to cultivate them and why they can be the most critical relationship for your career success.

*96% of program participants feel they have new tools to progress their career, and more than 92% understand how mentors and sponsors can positively impact their career. Over 90% have greater clarity on their personal brand and what they want to be known for.*

## Module Four – Authentic Leadership

Develop as an authentic leader no matter what your role, and learn how to step into your power as a woman with presence and vulnerability.

- Understand how leadership is changing, what new leadership looks like and why women have never been better positioned to lead.
- Discover the authenticity gap and how gender mindsets, the double bind and the likability gap can impact women's leadership path.
- Explore feminine traits, how critical they are to your authenticity and why the right balance of traits will unlock your greatest success.
- Learn how vulnerability and presence are critical to stepping into your personal power, and developing as an authentic leader.

*Over 95% of program participants say they have the tools to become a more authentic leader and understand the role of feminine and masculine traits in leadership.*

## Module Five – Influence + Impact

Build your influence, develop your executive presence and enhance your impact in all aspects of your work and leadership.

- Learn how to develop your executive presence, and understand why it is a critical, yet misunderstood part of your success toolkit.
- Understand why communicating with power can unlock your next level of impact, and how to do it effectively.
- Learn how to manage conflict at work, deal with challenging people, and become a pro at having difficult conversations.
- Get clear on the derailment factors that can undermine your career and leadership success, how to manage them.

*94% of participants report being a stronger leader from doing this program.*

## Module Six – Intentional Wellbeing

Discover the joyful, busy-proof and evidence-based ways you can create radiant wellness in your life.

- Understand the foundational components of wellbeing that will make all the difference in your work and life, and fuel you on all levels.
- Learn how mindfulness and meditation can supercharge your wellbeing (in very practical ways that everyone can manage).
- Learn the science and art of managing your energy and emotions.
- Learn how to set boundaries to protect what matters most, create balance and enable your success.

*Over 92% of participants say they are more intentional about their wellbeing and more than 89% are better able to set boundaries.*



## Module Seven – Grit and Grace

Delve into the power of cultivating both grit and grace to achieve your goals and support your journey.

- Understand and apply how and why grit matters when it comes to your success and performance (and learn what to be gritty about).
- Learn the science of optimism, how it impacts you, and how to build it for greater resilience.
- Change your relationship with stress by discovering its upside (even when things go wrong).
- Cultivate the grace you need to live your journey with more ease.

*More than 93% of participants report they understand what it means to have and apply grit in their career.*

## Module Eight – Leading Change

It's time to develop your role as a leader, and discover how to lead change in a way that makes a lasting impact.

- Explore the current reality on gender diversity, create the next level of breakthroughs, and learn how to truly create inclusivity at work.
- Understand how bias deeply impacts the path to equality and what to do about it.
- Learn the critical components of effectively leading others, no matter what your role or experience level.
- Get the strategies and tools to effectively lead change in your workplace to have a lasting impact.

*95% of participants better understand their role in leading change. 98% of participants would recommend the Women Rising program to a friend or colleague.*



## Who is the program for?

The Women Rising program is designed to support women across all roles and experience levels. Our unique curriculum, community, and coaching model caters to individuals from diverse industries and countries.

Additionally, we offer specialized community groups where women with shared interests or experiences, such as women in tech, women in management, working mothers, women of color, and more, can connect and engage. Whether women are just starting their career or are seasoned professionals, regardless of industry or location, Women Rising will support them.

## How does it work?

The Women Rising program spans 4 months and follows a live format. Every 2 weeks, a new module is released, featuring pre-recorded lessons for participants to complete at their convenience. Live group coaching calls are conducted for each module, fostering discussion, sharing, and offering real-time coaching support. These calls are recorded for later access. Women have the flexibility to work through coaching playsheets at their own pace, ensuring maximum impact while accommodating their personal schedules.



# Men as Allies: Working Together for Gender Equality

Women continue to face significant barriers at work. Creating a more inclusive and diverse workplace requires a concerted effort from everyone. Men have a critical role to play in breaking down the barriers and promoting gender balance. And they need proven methods to help them succeed.



## GENDER EQUALITY BENEFITS EVERYONE

Gender equality benefits everyone as diverse teams are better at problem-solving and decision-making. Companies with gender diversity are also 21% more likely to experience above-average profitability.



## MEN STILL HOLD MOST LEADERSHIP POSITIONS

Men still hold most leadership positions as women make up just 38% of managers and 22% of C-suite executives. Therefore, male allies have a significant role to play in creating a more inclusive workplace.



## MALE ALLIES CAN USE THEIR PRIVILEGE TO EFFECT CHANGE

Male allies can use their privilege to effect change by speaking up in support of female colleagues, advocating for policies that promote gender equality and supporting women's advancement.



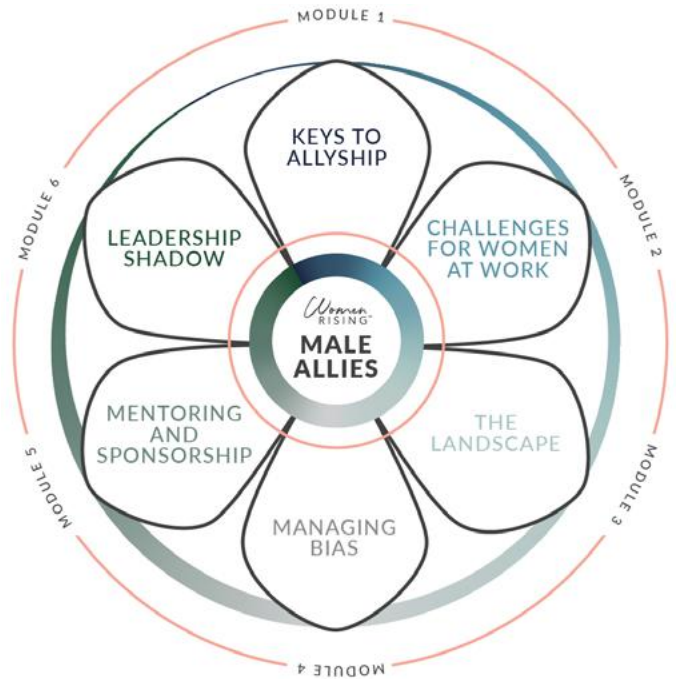
## MALE ALLIES CAN CHALLENGE GENDER STEREOTYPES

Gender stereotypes are pervasive and can have a real impact on women's career opportunities. Male allies can challenge these stereotypes and help create a more level playing field for everyone.

# The Male Allies Program

Giving men the knowledge, insights and coaching to be better supported on their male allies journey.

[LEARN MORE NOW](#)



## SIX ONLINE TRAINING MODULES

Evidence-based modules in our online learning platform, delivered over 8 weeks with lifetime access to materials.

## LIVE GROUP COACHING SESSIONS

4 group coaching sessions throughout the program to answer questions and provide support.

## MALE ALLIES COACHING PLAYBOOK

A comprehensive coaching playbook with actionable tips and strategies for becoming an effective male ally.

## CONNECTED COMMUNITY OF MALE ALLIES

A private community for allies to share tips, strategies and lessons learned, and access support from Women Rising experts.

## VIRTUAL, FLEXIBLE TRAINING

Bite size lessons in video and audio formats, with written guides, coaching playsheets, and a private audio app.

## BONUS LESSONS & ADDITIONAL RESOURCES

4 bonus lessons including interviews with allies and leaders, plus additional resources for deeper learning.



"We've seen so many positive impacts in our business, and for the women in our team who've participated in the Women Rising program. From bringing out the confidence that's inherent in all of them and letting them shine, to allowing them to bring their whole self to the workplace - something that we hadn't realized they weren't bringing in the first place.

The most impactful and surprising thing that I realized as a supporter and a manager throughout the program is that we felt that we were diverse and inclusive because we provided opportunities for women to participate in what in hindsight is very much a male oriented world and structure.

What the program has highlighted for us is that to truly realize diversity and inclusion and get the best out of our female talent, we need to change the environment that women are competing in to be a diverse and inclusive environment, not simply a man's world that a woman is allowed to participate in.

It's important for managers to also go on the journey with their women [through the Male Allies program]. Because whilst it's incredibly impactful and compelling to allow individual women to assert their own confidence and capability, it's incomplete unless the organization supports this by changing the structures and the people who own and run those structures - the leaders and managers such as myself and my team.

By bringing the entire organization to the journey, we end up with the one plus one equals three opportunity that the entire Women Rising program represents. To any business leaders who are thinking about investing in Women Rising, I would strongly encourage you to do so. Our experience is it's well and truly worth it. You will see your and brightest female talent emerge and really make an impact on your business, your teammates and on your clients."



**MIKE MORGAN**  
Senior Vice President and Managing Director APAC



# Meet your guide: Women Rising Founder & CEO

*Megan Dalla-Camina*

- World-renowned expert on women's empowerment, leadership and wellbeing
- Coach, mentor and guide to tens of thousands of women globally
- Award-winning 20 year corporate career in Fortune 100 companies
- Expert academic credentials in positive psychology, wellbeing, gender studies, leadership and coaching
- Decades of practical experience in gender diversity, leadership development and women's leadership
- Engaged by companies + leaders globally from the US to China, Australia to the Middle East
- Best selling author of three books
- Featured in hundreds of media outlets globally including Forbes, Fortune, Fast Company and Elle
- Sought after executive coach, speaker and trusted advisor
- Trained in yoga, meditation and holistic philosophies

**Forbes** **FORTUNE** **Psychology Today** **marie claire** **WellBeing** **ELLE**



THE  
HUFFINGTON  
POST

**CNN**

Women's  
**AGENDA**

**W**

**CBS**

**WELL+GOOD**

**B&T'S WOMEN LEADING TECH AWARDS:  
WOMAN OF THE YEAR  
& MENTOR OF THE YEAR 2023**



# Register Now

EARLY BIRD\* PRICING - MARCH 2024 PROGRAM

## WOMEN RISING PROGRAM

~~USD \$999~~

**USD \$799**

[REGISTER NOW](#)

## MALE ALLIES PROGRAM

~~USD \$799~~

**USD \$649**

[REGISTER NOW](#)

Organizations can also email [hello@womenrisingco.com](mailto:hello@womenrisingco.com) to register.

Exclusive pricing 50% off the bespoke corporate rate of \$2500 for the Women Rising Program.

\*Early bird offer ends 2 February 2024.

**"I was able to learn new skills, gain confidence in myself, and build inner strengths that have allowed me to succeed in ways I never thought possible."**

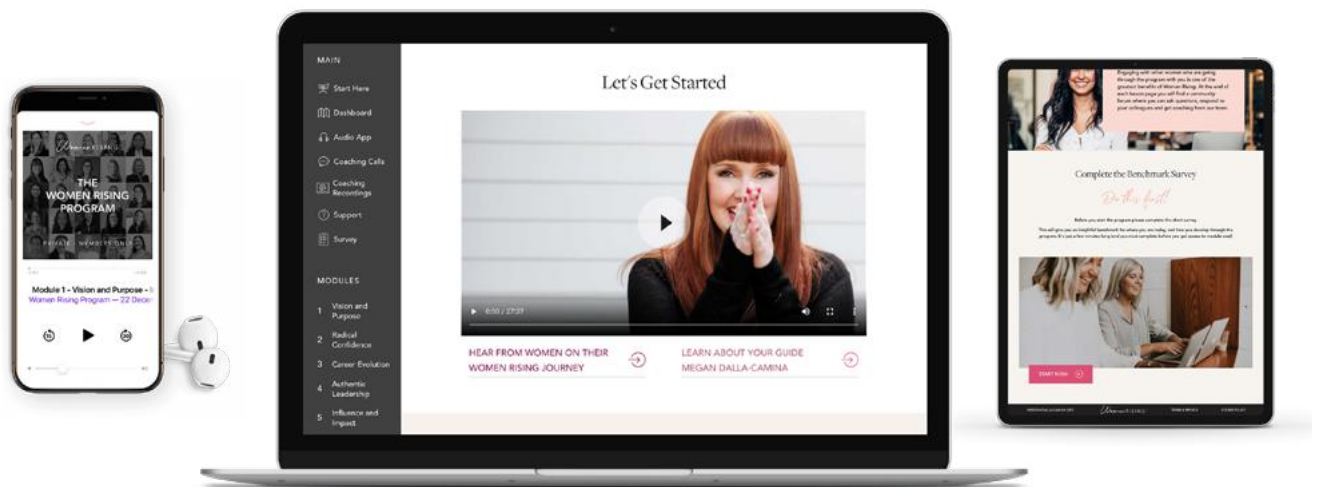
**BINDHU MANORAVIKUMAR**  
Delivery Lead, Telstra

**"This program has been a game changer for me. My overwhelming learning is to live life more purposefully and intentionally. I have more clarity around my strengths, the value that I can bring and what is important to me."**

**SARAH WYLIE**  
Senior Client Manager, NTT

# Program Key Dates.

WOMEN RISING PROGRAM MARCH 2024	
Registration Opens (Early Bird)	1 November 2023
Early Bird Pricing Ends	2 February 2024
Registration Closes	1 March 2024
Program Launch Calls	6 March 2024
Program Commencement	11 March 2024
Program Closes	28 June 2024



**"This program is great in the way it is structured to develop yourself and brings women together from all over the world who share similar stories. I highly recommend it for all women, regardless of which point in their career they are at."**

**IVANKA MILLER**  
Customer Delivery Manager, Optus



# The Details.

## JOIN US FOR THE MARCH 2024 PROGRAM.

You can register individuals or a group for both the Women Rising program and the Male Allies program, through our simple online registration process.

Register today:

[WOMENRISINGCO.COM/REGISTER](https://womenrisingco.com/register)

For frequently asked questions, please visit [womenrisingco.com/faq](https://womenrisingco.com/faq)

Email us at [hello@womenrisingco.com](mailto:hello@womenrisingco.com) with any support needed.



**"This program has something for everyone. It touches on every aspect of leadership and career development I could think of and more. Whatever stage you are at in your career, there is something for you."**

**ALISON WHITEHEAD**

Client Executive - Education Sector, Microsoft