

PLEASE JOIN ME FOR



# BRAVE LEADERSHIP FOR WOMEN

... A 4-MONTH IMMERSIVE GROUP COACHING  
PROGRAM THAT SUPPORTS WOMEN TO LIVE AND LEAD  
BRAVELY, WITHOUT BURNING OUT.



Designed as a way to help leaders slow down, tune in and connect to their core values and beliefs, Brave Leadership for Women cultivates a renewed relationship with their confidence, clarity and courage - ultimately leading to more impactful leadership. It's rooted in the belief that bravery underpins all the acts that bring women into their greatest professional contribution, and the most aligned way of living life.

## Here's how the experience breaks down:



4 months  
inside the group  
coaching  
container;  
January to April  
2022



8 live group  
coaching  
sessions, 90  
minutes each  
(2 per month)



2 expert faculty  
members to  
expand the  
coaching  
perspective



Monthly  
connection +  
community  
sessions to grow +  
expand your  
network (4 in  
total)



Access to our  
private Mighty  
Networks  
platform of  
Brave Leader  
Alumnae

## MODULES

Working from the ground up, here's what each module will offer you:

- SESSION 1** Setting Your Leadership Vision
- SESSION 2** Up-leveling your EQ: Evolving your Emotional Intelligence
- SESSION 3** Identify + Quiet the Voice of the Inner Critic
- SESSION 4** Cultivating Psychological Safety at Work for your teams + organizations
- SESSION 5** Embracing Inclusivity: How to be an Anti-Racist Leader
- SESSION 6** Communicating with Power: Augment your Executive Presence
- SESSION 7** The Coach Approach: Avoid Advice Giving + Lead with Curiosity
- SESSION 8** Self-Care as a Leadership Competency

# LIVE GROUP COACHING SESSIONS

Meet from 12:00 to 1:30 PM PST on....

January 13 + 27

February 10 + 24

March 10 + 31

April 14 + 21



## Community + Connection Sessions

In addition to your live group coaching sessions, each month you will be invited to an informal and highly interactive connection + community discussion with your Brave Leadership Cohort. These sessions meet from 12:00 - 1:00 pm PST on January 7, February 15, March 3, April 28



### SESSIONS INCLUDE

Meet + Greet with your Cohort, The End of Comparison, Letting your Brilliance Shine, and Building your Aligned + Authentic Network

## PRAISE FOR LEADERSHIP FOR WOMEN



"As a lifelong high achiever with a vociferous inner critic, the time I spent with Jen was transformative in terms of helping me to shift my thinking about my own value, what it is I want to achieve as a leader, how I want to support other women on their own journeys, and how I can be a better version of myself both professionally and personally. The value in Jen's Brave Leadership for Women program is truly in her ability to help you put into action the theory that we sometimes hear about, but either have no idea how to implement or are so busy hustling for worthiness that we can't find the time to make our own selves a priority. I am so grateful for the impact that her program has had on my life, and I am so excited about continuing down this path." - Tara Gill, Partner, KPMG Canada

"I am so thankful to have participated in the Brave Leadership for Women program. The program has impacted me in so many positive ways and set me on a confident path to lead in many ways in the future. As a career driven Mother of two busy boys who is also supporting an aging parent, I have always felt that I did not have the time or energy to participate in a coaching program. I am so glad I enrolled in the program and took this time for myself - to rediscover who I am, my worth and my core values and how I positively impact and lead others in my life. I am more confident, driven and excited for whatever the future holds. Thank you Jen!" - Debbie Hertha, Program Lead, City of Richmond



In three short months, I learned more about myself and made more progress in my own self-development than I have in the last decade.

Through thought-provoking conversation, reflective exercises, and accountability, Jen has helped me to breakthrough. With her support, I've refined my core values to support aligned decision-making and uphold boundaries, gained perspective, and created space to reflect on and recalibrate my life. To top it off, the time spent with other inspirational women during our group cohort sessions was the icing on the cake - it's refreshing to hear their stories, resonate with their experiences, and connect with other women. Kelsey Boyd, Consultant, Day1

**FEES: \$2,000 CAD or 4 payments of \$500 CAD (plus taxes)**



### Jen Murtagh, Certified Leadership + ICF Accredited Coach

As an ICF accredited leadership coach, Jen supports women to live and lead bravely through her 1:1 coaching, workshops, speaking and signature Brave Leadership for Women program. In 2021, Jen co-founded MaturN - Canada's first maternity leave program and is on a mission to turn the motherhood penalty into the motherhood opportunity. Jen is a Business in Vancouver 'Forty Under 40' Award Winner and Greater Vancouver Board of Trade 'Women of Promise'. As a community champion, she has volunteered thousands of hours for countless charities and in 2017 fulfilled a lifelong dream by travelling to Africa to lead mentoring + goal setting workshops with non-profit One Girl Can.