

HELLENIC BANK IN ASSOCIATION
WITH **GLOBALTRAINING** AND
THE **UNIVERSITY OF NICOSIA** PRESENT

LIFE CHANGING
IDEAS
2021-22

CLEAR

A WOMEN LEADERSHIP
PROGRAMME

READY TO

**FIGURE OUT WHAT REALLY
MATTERS TO YOU?**

**DEVELOP THE CONFIDENCE
TO ENROLL OTHERS IN YOUR
VISION?**

**CULTIVATE THE COURAGE
TO GO FOR IT?**

**HONE THE SKILLS YOU NEED
TO KEEP GOING?**



**LIFE CHANGING
IDEAS**
2021-22

MEET YOUR COACH

ALI LEVIN



Ali is a seasoned executive coach and leadership development expert. A graduate of and former Associate Fellow at the University of Oxford's Saïd Business School, Ali has spent over a decade teaching leadership and coaching executives from around the world.

She works with industries ranging from global law firms and banks to scaling tech companies and startups.

Ali began her career as a lawyer at a top, international law firm. As a former partner in the labor and employment practice, Ali knows first hand what it means to survive and thrive in a high performance environment.

Passionate about helping talented women develop into stronger and more confident leaders, Ali helps her clients articulate what they really care about, build a strategy for their careers, and get ahead. The world needs more inspired, developed leaders, and Ali is just the coach to help you become one.

WHO IS IT FOR?



This course is for any woman who wants to be more successful in her career! It is particularly suited for women at the early and mid-stages of their career, who ponder and think about the way forward. It is also suited for those women who want to Rise in their organisation but curiously stumble along the way!

This programme is great, if you want to:

- Get clear on your desired future and discover what's in your way
- Learn why gender balance matters and how to get there
- Build your network and ask for their support
- Develop awareness of the mind, heart, and body connection
- Reframe negative thinking to stay focused

WHAT'S THE SCHEDULE?

FEB-MAR 2022	ACTIVITY	DESCRIPTION
Thursday, 3 Feb 2022 17:00-18:00 EET, Nicosia	Forming a Cohort	Introduction In this introductory coaching session, participants connect, contract about commitments to the course and confidentiality, and course fundamentals are explained.
Thursday, 10 Feb 2022 17:00-18:00 EET, Nicosia	Gaining Clarity	Clarity Clarity includes a 20-minute video and 2 exercises to help you visualize your career in the future, determine what obstacles are holding you back and learn how to align your work with your core values, strengths and energy.
Thursday, 17 Feb 2022 17:00-18:00 EET, Nicosia	Learning About Systemic Challenges	Learning Learning includes a 20-minute video, hyperlinks to several articles and resources about women at work, the case for gender balance, and an exercise that helps you with constructive approaches to challenge gender bias at work.

WHAT'S THE SCHEDULE?

FEB-MAR 2022	ACTIVITY	DESCRIPTION
Thursday, 24 Feb 2022 17:00-18:00 EET, Nicosia	Developing an Entourage	Entourage/ Networking Entourage includes a 10-minute video on the importance of finding and joining the right networks and committing to making relationship-building part of your day job, and 2 exercises designed to help you think more strategically about networking.
Thursday, 3 Mar 2022 17:00-18:00 EET, Nicosia	Building Awareness	Awareness Awareness includes a 12-minute video on how to move productively through your comfort zone and your learning zone and teaches a reframing exercise to use when faced with difficult emotions.
Thursday, 10 Mar 2022 17:00-18:00 EET, Nicosia	Cultivating Resilience	Resilience Resilience includes a 10-minute video and 2 exercises that address energy management including an energy audit, a framework for how to change energy draining behavior and a commitment to forming healthy habits.

WHAT YOU GET?

**6 ONLINE COACHING HOURS
WITH ALI LEVIN**

5 INSTRUCTIONAL VIDEOS

**CUSTOM WORKBOOK
EXERCISES**

**A BIT OF HOMEWORK AND
HOME THINKING**

**CLEAR- CLARITY, LEARNING,
ENTOURAGE, AWARENESS,
RESILIENCE**

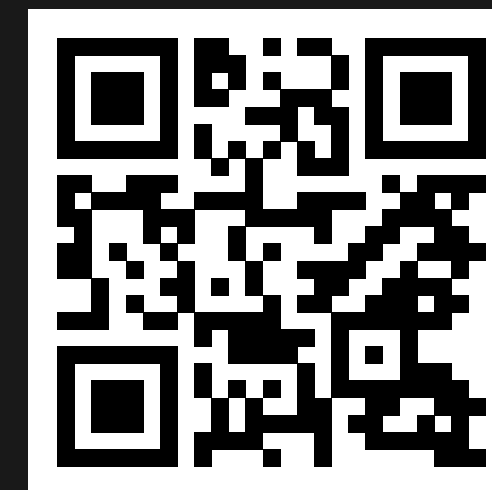


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IDEAS**
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CLEAR IS OFFERED FOR THE AMAZING PRICE OF €150
PARTICIPANTS HAVE TO FOLLOW ALL SIX SESSIONS

GET YOUR TICKETS NOW

REGISTER & SUBSCRIBE HERE
ideas.unic.ac.cy

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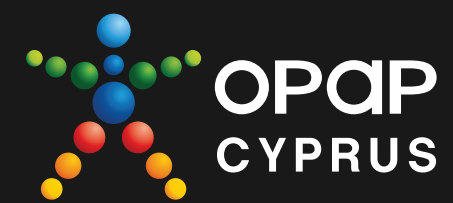
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