



*Training Course:
Leadership for Women*

*17 - 21 August 2026
Cape Town (South Africa)
DoubleTree by Hilton Cape Town - Upper Eastside*

Training Course: Leadership for Women

Training Course code: LS235031 From: 17 - 21 August 2026 Venue: Cape Town (South Africa) - DoubleTree by Hilton Cape Town - Upper Eastside Training Course Fees: 6350 € Euro

Introduction

This training program aims to help women leaders develop their leadership skills and overcome the unique challenges they face in male-dominated environments. Participants will learn how to build confidence, assertiveness, and resilience, communicate effectively, lead diverse teams, and create a supportive work environment. The program will use a combination of theoretical concepts, practical tools, and experiential activities to help participants apply leadership skills in their work and personal lives.

Objectives

By the end of this training program, participants will be able to:

- Understand the challenges and opportunities of women in leadership
- Develop confidence, assertiveness, and resilience as a leader
- Communicate effectively and assertively with different types of people
- Lead diverse teams and promote inclusivity
- Create a supportive work environment that fosters collaboration, innovation, and high performance

Target Audience

This training program is designed for women leaders at all levels, including executives, managers, supervisors, team leaders, and entrepreneurs. It is suitable for both new and experienced leaders who want to enhance their leadership skills and overcome gender barriers in their careers.

Outlines

Day 1:

Understanding the Challenges and Opportunities of Women in Leadership

- Overview of the gender gap in leadership positions
- Stereotypes, biases, and double standards
- Success stories of women in leadership

Day 2:

Developing Confidence, Assertiveness, and Resilience as a Leader

- Overcoming self-doubt and imposter syndrome
- Techniques for building confidence and assertiveness
- Coping with stress and setbacks

Day 3:

Communicating Effectively and Assertively with Different Types of People

- Understanding communication styles and preferences
- Techniques for assertive communication
- Managing difficult conversations and conflicts

Day 4:

Leading Diverse Teams and Promoting Inclusivity

- Understanding diversity and inclusion
- Techniques for promoting inclusivity in the workplace
- Managing diversity-related conflicts and challenges

Day 5:

Creating a Supportive Work Environment that Fosters Collaboration, Innovation, and High Performance

- Creating a positive work culture
- Fostering teamwork and collaboration
- Techniques for promoting innovation and high performance.

Registration form on the Training Course: Leadership for Women

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

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Full Name (Mr / Ms / Dr / Eng):

Position:

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Personal E-Mail:

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Company Information

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Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng):

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Payment Method

- Please find enclosed a cheque made payable to Global Horizon
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