THE WOMEN'S LEADERSHIP LAB

VISION QUEST CONSULTING

THE WOMEN'S LEADERSHIP LAB

Leading the Way in Women's Leadership

*"**The Women's Leadership Lab** is a revolutionary approach to developing women leaders. Today's best organizations know they need to build a strong pipeline of female talent and investing in women's leadership simply makes good business sense. To date, traditional women's leadership development has not been effective enough to help women make the impact of which they are capable. We believe women need something different. We have designed a new approach for women who want to learn new ways to navigate their world more powerfully."*

— Wendy Capland, CEO Vision Quest Consulting

EVENT INFORMATION	
PROGRAM SCHEDULE	**Wednesday May 4** – 3:00 - 5:00 PM ET – **PROGRAM OPENING** **Thursday May 5** – 9:00 AM - 3:30 PM ET – **PROGRAM CONTINUES** **Thursday May 5** – 6:00 PM ET – **COCKTAILS, BUILDING COMMUNITY AND CONNECTING** (in person, location TBD)
LOCATION	**Virtual on Zoom**
REGISTRATION AND COST	**Refer to: https://visionquestconsulting.com/womens-programs/the-womens-leadership-lab/**

To register, go to **www.VisionQuestConsulting.com**

WHAT IS THE WOMEN'S LEADERSHIP LAB?

Laboratory: *a place providing opportunity for experimentation, observation, or practice in a field of study.*

The Women's Leadership Lab is a deeply experiential, cutting-edge virtual leadership program for women who want to learn new ways to navigate their world more powerfully and unleash their place in it.

We believe **The Women's Leadership Lab** is changing the conversation about women's leadership. It's a unique and intensive program where women have the opportunity to develop themselves, explore ideas, practice new behaviors, reduce current roadblocks and most importantly, focus on the unimaginable in order to create a more powerful future for themselves, their organizations and the world.

WHO SHOULD ATTEND

The Women's Leadership Lab is for women who work in organizations, entrepreneurial firms, small businesses, are self-employed or who are in a work transition and trying to figure out what's next.

Some women return every year as a professional re-set to further develop themselves. Additionally, new women register to experience the leading edge of women's leadership for the first time. Many women bring their colleagues, their functional teams, their direct reports and their work peer group in order to amplify and accelerate their development, performance and output for themselves and their organizations. Some women come with their college roommates, sisters, daughters, and even girlfriends to have a unique experience together that's transformational and fun. We recommend bringing at least two women with you to maximize your learning and create a stronger support system.

> This program is for women who want to touch, experience, and immerse themselves with learning about what's cutting edge in women's leadership development and to discover new ways to use their voice, take their seat at the table, and become even more successful and satisfied at work.

> This program is for women who are tired of floating along on the status quo and are ready for a transformational experience as they take an active role in writing their own legacy.

> This program is for women who want to develop personal mastery and level-up their leadership.

> This program is for women who want to grow their exposure, expand their support network and forge invaluable connections with women leaders who come from a wide range of industries, roles and organizations.

> This program is for women who know it's time to take their big dreams and goals and turn them into reality.

> This program is for women who want to unleash themselves and start making bolder moves professionally.

> This program is for organizations that want to develop strong female leadership within their organizations.

Your aim is to make your professional glass runway sparkle. Our job is to help you make it happen.

For terms and conditions, see our website.
www.VisionQuestConsulting.com

WHAT YOU CAN EXPECT

The Women's Leadership Lab provides unique perspectives and innovative ways for women to increase their impact and contributions. As a participant, women gain pioneering practices that accelerate their leadership. In this extraordinary program women become part of a strong support peer network to learn, explore and unleash their individual genius and potential as leaders.

> **Laboratory — An incubator environment** that allows women to focus intently on developing themselves and unleash the best of who they are.

> **Inspirational Role Models —** Professional women who you want on your development windshield and to become a strong part of your personal network.

> **Community, Belongingness and Support —** Similarly positioned women who care about and inspire each other, who come together to raise their own bar, compare notes and support each other's learning and overcoming leadership challenges.

> **Career Advancement —** A completely confidential environment to explore new capabilities, commitments, practices and simply talk straight about who you are becoming and what you want to do in spite of your fears and insecurities. Absolutely no one cares more about your career trajectory than you.

> **Bold Move —** A transformational process to introspectively intently focus on yourself stepping back from the day-to-day to re-examine what's working and what's not, re-design core priorities, re-align actions based on your values, and creating your next bold move.

> **You Are Your Brand —** Guided facilitated conversations that allow you to identify, develop, and continually shape your personal identity and professional leadership brand increasing the perception others have of you.

> **Increase Confidence and Courage —** Examine mindsets and beliefs in order to make sense and consciously create your own leadership journey. Learn how to more powerfully navigate transitions and defining moments creating more self-confidence in yourself and in how others perceive you.

> **Targeted Resources Specifically for Women —** Obtain a vast array of resources and support to help you reach your goals.

Don't define yourself by your current situation or circumstances, even if it's smooth sailing right now. **The best of who you are and what you have to contribute is *always* in front of you waiting for you to activate it.**

The time is now. This is your time. This is our time.

> REGISTER TODAY

THE TIME FOR WOMEN IS NOW

Many of us know this time in history is a wake up call and we as women are being invited to gain a stronger sense of ourselves as leaders and step in and lead with provocative ideas.

The Dalai Lama says,*"The world will be changed by the western woman."*

BUT…Maybe you don't consider yourself as bold or powerful as you would like. Maybe you are feeling undervalued and you'd like to change that perception.

Maybe you know deep inside that you are meant for something more… if you knew what to do and had time to think *and* do something about it.

Many women at different times in their professional careers feel some inner yearning towards something more or different than their current status quo but feel unsure about what to do or how to figure it out.

So, what can you do to move yourself forward?

One powerful idea is to attend **The Women's Leadership Lab**. According to the Harvard Business Review, "Traditional high-potential leadership programs are necessary but not sufficient."

We have created a different approach to learning and leadership development for women. We have had over a decade of experience working with women to unlock what holds them back and release themselves from their own sticky floors and glass ceilings. This is an annual program with new leading-edge topics each year, guided by expert facilitation and using transformational learning technologies and processes to help women figure out what's next and put a plan in place creating accountability and action for themselves.

> REGISTER TODAY

"Women cannot be successful without a strong community to support them. We are a welcoming community of talented women who know you, are familiar with your challenges and roadblocks, who hold your stories as sacred, who witness your journey, and who adore your gifts and all of who you are. We celebrate your successes and hold space for your future vision, even when you aren't able to or lose faith." ***— Wendy Capland, CEO, Vision Quest Consulting***

"My heart is full of the possibility for women." — Wendy Capland

LEADERSHIP TRANSFORMATION

With our extensive experience of transforming women and their leadership for over a decade, we know women want:

> To see and position themselves as strong and powerful women

> To learn to behave in ways that unequivocally advances the purpose for which they stand

> To belong to a community that unconditionally supports them, where they feel safe to do their personal development work and know that doing it with like-minded women helps them survive and thrive

> To envision and lay out a plan to achieve their goals and need better ways to manage their overwhelm and stress

> To unleash themselves and fulfill their intentions as they deeply sense it's a brave new era without a rule book for women

LEADING THE WAY IN WOMEN'S LEADERSHIP

The provocative questions below are the foundation of our work in **The Women's Leadership Lab** and will form the basis and focus of your development as a female leader.

1. Where in your life are you not living in alignment with what you really want? What can you do about this that would make a difference and create a more powerful future for yourself?
2. Who are you and what do you really bring to the table?
3. What's your power alley?
4. If the definition of **Courage** is taking action with heart to take care of something that matters to you, for what purpose would you like more courage?
5. If the definition of **Power** is the ability to take care of bigger and bigger promises that matter to you, in what area would you like to feel more powerful?
6. Do you know what to do to gain a better sense of yourself as a leader and be recognized as such?
7. Why would it be valuable to have a stronger sense of yourself?
8. Who are you becoming?
9. What would be possible if you unleashed yourself?
10. How are you fostering strong leadership in yourself, specifically as a woman leader?
11. Are we as women supporting each other enough? Do we know how to most effectively support and sponsor each other? How can we get better at this?
12. If women currently are being perceived as the arc of history, what's possible for you and what are you going to do about that? It's time to create a new narrative for ourselves.

FACULTY

The Women's Leadership Lab is guided by expert leadership facilitation using transformational technologies and learning processes as its foundation.

Wendy Capland is the creator of **The Women's Leadership Lab**. Wendy is an award winning executive and one of the top women leaders in the fields of leadership development and executive coaching. She has over 30 years of business and leadership experience as the CEO of Vision Quest Consulting and has worked with thousands of executives in Fortune 500 and entrepreneurial organizations to develop their leadership skills and capabilities.

Wendy is a sought after expert in women's leadership. She has over a decade of experience launching and successfully delivering women's leadership programs, retreats, webinars, coaching, and workshops both inside corporations and externally in an open public format. Wendy's deep expertise is in igniting inspiration and motivation by providing transformational learning experiences.

Wendy is a fierce and unconditional advocate for women stepping-up and stepping-into their full potential to create powerful futures and start making bold moves towards it. She has trained, coached and guided thousands of emerging and top talent women leaders. She says, "From what I've observed, women often fail to put themselves on the same footing as men as leaders. Women suffer not only from the glass ceiling, but also from what I call "sticky-floor syndrome. It's time for a change."

Wendy Capland's best selling book, ***Your Next Bold Move for Women***, is a practical guide to self-discovery and powerful action (**www.WendyCapland.com**). She has a strong national presence and has been featured on NBC, Fox, in various business publications, and over the last 5 years has appeared over 30 times in **Inc.com**.

Wendy holds a Master Certified Coach certification; the highest international designation awarded to coaches by the International Coach Federation, and has been recognized as one of the top 4% of all certified coaches worldwide. She holds a Master's Degree in Counseling Psychology and Business Management.

Wendy can be found outside of work in her garden, on the golf course or just hanging with her family. She is an avid weight lifter and is relentlessly obsessed with creating health and longevity in her life.

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TESTIMONIALS

Women have reported the following outcomes as a result of attending our programs.

- Increase in job responsibility
- Obtained promotion
- Expanded professional network
- Re-focus on top priorities
- Increase in self confidence
- Influence key stakeholders more successfully
- Went back to school for advanced education
- Increase in customers and satisfaction
- Reduction in stress and overwhelm
- Application of newly learned skills

"As a vice president at one of the world's largest and most prestigious technology companies, I have participated in a variety of Vision Quest Consulting's women's leadership programs over the past 9 years. I can honestly say that Wendy Capland and VQC's programs have made me a better leader and I am a more grounded and happier person because of the skills and practices I have learned here. The content is enlightening, invigorating and inspiring. The participants are diverse in ages, professions, and organizations. The diverse environment produces a unique space for deep and critical thinking, strokes of brilliance and insights that can, and have, changed my life. Whether I am struggling with a personal development issue or pushing hard for that next innovation, participation in one of VQC's programs frees my mind, gives me a new angle to consider and challenges me to re-examine my current mental models. Each time I walk away thinking I could never have made a new leap without the structure, interaction and support of these programs. When I met Wendy I was definitely getting to the top of my game – successful and well respected but stressed out beyond anything reasonable. I was certainly on the fast train to burnout. Nine years later, I have had 5 promotions, earned a slot in one of the most prestigious honor societies in our company and am having a very satisfying, rewarding, gratifying, well regarded career. I have the added bonus of maintaining my sanity weathering huge personal challenges, but feeling grounded and able to make good choices for myself and my family as I integrate the ever evolving work/life balance that we all juggle. VQC programs have enriched my life as a leader and a woman. I've never attended such a powerful and life changing leadership program. " **— Nicole Gardner, Executive, IBM**

"This will be our 4th year sending a table of women from our IT organization to Vision Quest Consulting's Women's Leadership program. Our women are getting tremendous value from attending these programs and are coming back renewed and with a stronger sense of who they are and what their biggest contributions are as leaders and individuals. This past year, they were so inspired, they started a Women in Technology leadership learning group within the company to support each other's growth and development. The work this team is doing around this is amazing. Personally, I have been attending these programs for 12 years. Both my work with VQC and my attendance at these programs has given me clarity of purpose and helped me align myself to work I find tremendously satisfying. This clarity has helped me continue to grow and evolve my career and most recently, I received an award and one of our company's highest honors as a top contributor, in addition to an unexpected recent promotion. I am thankful for Vision Quest's women's leadership programs both for my own development and for the network of wonderful women I have met there."
— Kelly Villanueva, VP, Human Resources, Hanover Insurance Company

"Truly an amazing, transformational day!"
— Claudette Rowley, small business entrepreneur

"For the first time in a while, my vision for "what if my light shined as brightly as I dared" doesn't seem totally nutty or out of reach. I left with a new found respect for my curiosity and hunger for what's to come and a renewed sense of excitement for the impact I can have on this world. I'm a firm believer in the idea that you are the company that you keep. I'm grateful to be now know such an incredible group of women!"
— Lindsay Benjamin, Communications Manager

"I now have a support network I can tap into outside of this program."
— Nancy Marvonek, Senior Director, CVSHealth

" Wendy Capland is an inspiring presenter and brilliant facilitator. She has magnetic energy and deep commitment and passion for her work."
— Martha Russell, Financial Executive, AXA Advisors

> REGISTER TODAY