

She Set The Standard

A transformative masterclass series empowering women to lead with confidence, clarity, and wellbeing. Discover how to balance high performance with authentic leadership whilst nurturing your whole self.



Why These Masterclasses Matter

Redefining Leadership for the Modern Woman

Women leaders today face unique pressures: navigating imposter syndrome, managing boundless expectations, and balancing professional ambition with personal wellbeing. Traditional leadership training often overlooks the emotional intelligence, boundary-setting skills, and self-care practices essential for sustainable success.

These masterclasses bridge that gap. Drawing on expertise in certified international negotiation, mediation, and holistic wellbeing, each session provides practical tools that honour both your professional aspirations and your personal needs.



Transformative Masterclass Topics

Each masterclass is designed to address real challenges women leaders face, providing actionable strategies and lasting confidence. Choose individual sessions or create a comprehensive leadership journey.



Leading with Emotional Intelligence & Confidence

Understand your leadership style, communicate with empathy, and overcome self-doubt to claim your authority.



Boundaries, Burnout & Balance

Set healthy boundaries guilt-free, reframe self-care as strategic, and create sustainable performance rituals.



Negotiation & Influence for Women

Master the psychology of persuasion and negotiate pay, partnerships, or priorities with grace and power.



Building Consensus & Resolving Conflict

Conflict is inevitable in leadership, but it doesn't have to be destructive. This masterclass draws on proven mediation techniques to help you handle difficult conversations with confidence and composure.

Learn how to turn workplace tension into collaboration, develop the language to address challenges constructively, and build consensus across diverse teams. Participants gain both the mindset and practical tools needed to transform conflict from a source of stress into an opportunity for growth and understanding.

Outcome: The ability to navigate high-stakes conversations whilst maintaining relationships and respect.



Purpose-Driven Leadership

01

Identify Your Purpose

Discover what truly drives you professionally and personally, moving beyond external expectations to internal clarity.

02

Values-Led Decision Making

Learn frameworks for making choices that align with your core values, even under pressure or uncertainty.

03

Align Leadership with Impact

Create a sustainable leadership approach that honours your wellbeing whilst maximising your positive influence.

This masterclass provides the clarity and motivation needed to lead authentically, making decisions that feel right not just strategically, but emotionally and ethically. Participants leave with renewed energy and a clear vision for their leadership journey.

Wellbeing, Confidence & The Whole Woman

True leadership begins with how you treat yourself. This masterclass discusses wellness with practical leadership strategies, nurturing the vital connection between mind, body, and professional presence.

Explore how daily rituals, from morning skincare routines to evening wind-down practices can restore confidence and build resilience. Learn to see self-care not as indulgence, but as essential preparation for showing up powerfully in your work and relationships.

Participants reconnect with their inherent self-worth, discovering that caring for yourself is the foundation of caring for others and leading effectively.



Flexible Format Options

Choose the delivery format that best suits your audience and goals. Each option can be tailored to your specific needs whilst maintaining the transformative quality of the content.



Live Virtual Series

- 60–90 minute Zoom masterclasses
- 6 sessions delivered weekly
- Interactive Q&A and breakout discussions
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Flexible Series

- 2 live flagship sessions for maximum engagement
- Recorded versions available as on-demand resources
- Bundled with downloadable materials and toolkits
- Flexible access for busy professionals



Corporate & Charity Partner Package

- Bespoke "Women in Leadership & Wellbeing" series
- Tailored for businesses, charity teams, HR departments, or NGOs
- Integration of mediation and wellbeing expertise
- Professional development that transforms culture



Programme Option One

6-Week Signature Masterclass

"She Set The Standard"

This comprehensive 6-week programme equips individual women—professionals, entrepreneurs, and managers—with tools for sustainable leadership that balances high performance with inner wellbeing. Through live sessions, practical exercises, and community support, participants develop both the skills and confidence to lead authentically.

Six-Week Journey Overview

Week 1: The Foundation of Female Leadership

Understand your leadership identity and distinguish between authentic versus adaptive leadership through comprehensive self-assessment.

1

2

Week 2: The Psychology of Leadership

Build emotional intelligence, develop empathy in action, and learn to read personality types using the DISC model framework.

3

Week 3: Strategic Clarity & Decision-Making

Master vision-setting, apply decision frameworks, and develop strategies for overcoming self-doubt in critical moments.

4

Week 4: Leading with Balance

Implement time management systems, establish boundaries, prevent burnout, and manage the harmony between home and career.

5

Week 5: The Wellness Edge

Integrate self-care practices, skincare rituals, mindfulness techniques, and nutrition strategies to sustain leadership energy.

6

Week 6: Commanding Presence & Influence

Refine communication techniques, develop assertiveness, strengthen negotiation skills, and build your personal brand leadership.

What's Included in Your Journey



6 × 90-Minute Live Sessions

Interactive Zoom masterclasses with real-time guidance, Q&A, and peer learning opportunities.



"She Set The Standard" Digital Workbook

Comprehensive materials including reflection prompts, frameworks, and exercises to deepen your learning.



Private Online Community

Connect with fellow participants through WhatsApp for ongoing support and accountability.



Weekly Reflection Prompts

Structured guidance to help you integrate insights and track your transformation throughout the programme.



Certificate of Completion

Professional recognition of your commitment to leadership development and personal growth.



Investment: £395 per person.

Programme Option Two

Corporate Programme: "She Set The Standard for Organisations"



Designed specifically for corporate women leaders, HR teams, and female leadership networks, this intensive programme develops emotionally intelligent, balanced leaders who can guide high-performing teams sustainably.

Delivered as two day session tailored to your organisation's unique culture and goals, it combines expert-led workshops, peer coaching, and actionable strategies to embed lasting change. Participants will emerge equipped to foster inclusive environments, drive innovation, and set new standards in leadership. This two full-day workshop is available in-person or virtually. This programme includes a comprehensive leadership toolkit and can be customised to address your organisation's specific challenges and culture.



Day 1: The Leadership Mindset

Define leadership values, manage team dynamics and personalities, explore empathy and inclusive leadership through group coaching and real-case discussions.



Day 2: Sustainable High Performance

Implement time and energy management systems, develop stress and emotional regulation strategies, understand the wellness-productivity link, and explore culture transformation tools.

Corporate Programme Benefits



Tailored Pre-Session Survey & Report

Understand your team's specific needs and challenges before the programme begins, ensuring maximum relevance and impact.



Optional 1:1 Follow-Up Coaching

Extend the learning with individual coaching sessions to support implementation and address specific leadership challenges.



Branded Corporate Workbook

Professional materials featuring your organisation's branding, providing lasting resources for continued development.



Custom Wellness Package

Optional add-on featuring curated products from Isla & Me, reinforcing the connection between self-care and leadership excellence.

 **Investment:** £3,500 per corporate session (up to 15 participants), with an additional £500 per additional participant.



Programme Option Three

Hybrid Mentorship Programme: "She Leads With Grace"

For women in mid-level leadership roles or entrepreneurs seeking deeper transformation, this programme combines masterclass sessions, small group mentorship, and wellness coaching to build long-term resilience, confidence, and strategic influence.

Month 1: Inner Mastery & Mindset

One group sessions exploring confidence, purpose, and mindset, plus one 1:1 coaching call to address your unique challenges and goals.

Month 2: Leadership in Practice

One group session focused on managing teams effectively, refining communication skills, and developing sophisticated conflict resolution techniques.

Month 3: Sustained Success & Self-Leadership

One session on energy management, time optimisation, and wellness systems, culminating in a graduation reflection to celebrate your transformation.

Your Complete Transformation Package

Programme Includes:

- **6 × 90-Minute Comprehensive Sessions**

Deep-dive masterclasses combining teaching, discussion, and practical application in a supportive small group environment.

- **2 × Private 1:1 Coaching Calls**

Personalised guidance addressing your specific leadership journey, challenges, and aspirations.

- **Complete Leadership Workbook**

Both digital and printable formats packed with frameworks, exercises, and reflection tools for ongoing development.

- **Lifetime Alumni Circle Access**

Join a community of women leaders for continued support, networking, and inspiration beyond the programme.



📄 **Investment:** £1,200 per person.

Ready to set the standard? Choose the programme that speaks to your leadership journey and begin your transformation today.