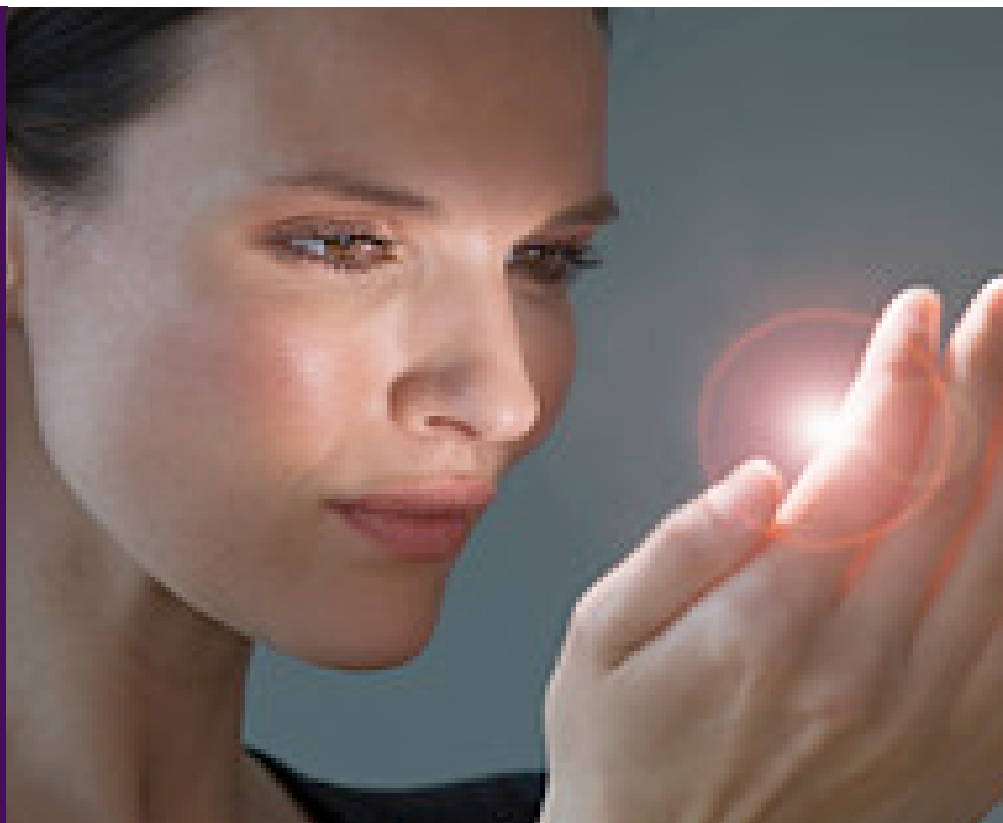


WOMEN IN BUSINESS

February 2011

A core practice for women executives and business owners. 3 dimensions to master key non-verbal and visual skills to work authentically in your role.



Dynamic Personal Impact

Walking Your Talk

By Carolina Rodriguez Barros, founder and director of Dare to Glow

A core practice for women in business. Three dimensions to master key non-verbal and visual skills to work authentically in your roles.

What is Dynamic Personal Impact?

It is about having a well of physical, intellectual, emotional and spiritual strength that drives personal achievement and, in turn, inspires others to follow. The higher you go in business, the less feminine role models there may be to guide you. Where do you go for help when:

- You do not feel you can bring all of who you are as a woman, into your work.
- You do not feel grounded in your leadership role and in your own dynamic energy, femininity, and power.

- You do not have the kind of impact you wish for, if you are overextending yourself in your role.
- You are having a lot of 'bad hair days' or feeling burnt out
- You feel disconnected from your personal values and sense of Self?

Who is this practice for?

This practice is for experienced women in business, having the inner call to lead, making a change from a mid- to senior leadership role, or taking up business ownership.

How do I practice Dynamic Personal Impact?

In our programs, we guide you to develop a powerful presence and to 'walk your talk' as a

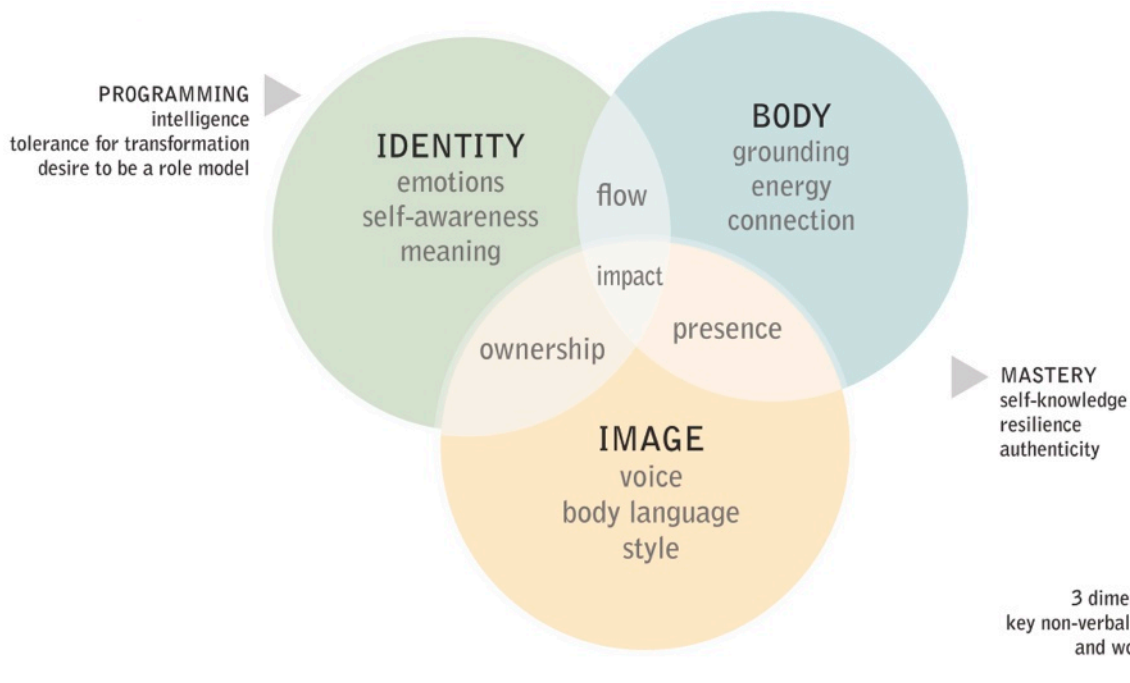
dynamic feminine leader.

What it is not:

- We won't teach you just a set of tricks, routines or models.
- We won't make you jump through hoops.
- We don't do 'standard' training where we talk at you.

What it is:

- We invite you to learn by doing – experimentation, feedback, full immersion.
- We give you ways to gently stay connected to your integrity, flexibility, authenticity.
- We challenge you to bring all of who you are as a woman into your leadership style.



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WHAT DO I GET OUT OF THE WORKSHOPS?

Each Dynamic Personal Impact session builds on the last, so you can confidently master skills, style and expression in a safe environment. The sessions significantly enhance your:

- **Presence:** non-verbal and visual skills include energy management, breath, posture, making authentic contact with others, presentation, being grounded in stressful situations, ownership, sense of Self, autonomy.

Questions we work on are: Do you feel you have dynamic energy? Is it enough to sustain yourself at work? Is your impact being sabotaged by your emotions? What is missing? Can you keep a positive, creative approach in any challenge? Are you 100% present with people or stressed/distracted in meetings?

- **Power:** non-verbal and visual skills include body language, methods of influence, expression of vision and purpose, use of voice, choice of image (clothes, colors, styles).

Questions we work on are: How do you picture yourself in your leadership role? How do you walk into a group? Do you own the room? Or do people not notice? What does

your image say about you? Does this sync with your look, the way you move, tone of voice? What needs to change?

- **Practice:** keeping connected to a dynamic, feminine style of leadership asks for daily practice on non-verbal and visual skills. After the workshops you will know how to observe and evaluate yourself, how to sharpen the non-verbal and visual skills

WHAT IS MY INVESTMENT?

Workshop pricing depends on the number of participants and the number of workshops you wish to take as a package.

Programs can be designed to theme or other requirements of your company. Please contact us for a customized offer.

CAN I TAKE/OFFER A 1TO1 PROGRAM?

Yes. The 1To1 Program includes the 3 key dimensions and takes 8 weeks. Please contact us for a detailed offer.

CAN I ATTEND/ORGANIZE A KEY NOTE?

Yes. Please contact us for a detailed offer.

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I considered myself a very dynamic woman before the Program. Now that I finished, I can experience myself at a higher level with an improved self esteem and self image. What dramatically changed is my communication with others. I am now able to share the process with others who are following the Program in the company and benefiting themselves as well. I truly recommend the Personal Impact Program, it has changed my life and how I look at myself, my life and career.

With these workshops I have mastered my own style and consciously took time to define every element of how I speak, walk and talk. It feels great to present myself now and know that in stressful situations I will remain connected to who I really am. Watch out world, here I come.

I realised that the big thing that was missing in my leadership style was a consistent and conscious choice in how to show up at work every day. I noticed I was going in there to survive pressure rather than being the director of my own movie.

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participants 2010-2011

Carolina Rodriguez Barros



PACKAGES INCLUDE

- a careful intake ensure we accommodate your needs and questions
- the program design customized to your group
- the coaches time
- all materials
- a workbox to take with you
- a follow up session with a coach 3 months after the program, by telephone/skype.

WHO ARE MY GUIDES?

Carolina Rodriguez Barros (1975)
daretoglow.com

Carolina is the **founder and director** of **Dare to Glow S.A.** She is Argentinean, ex-model, designer, body awareness trainer, and image consultant. She is also a Reiki practitioner , which gives another dimension to her work.

Carolina created Dare to Glows' method based on the three key elements of **body, identity and image**. She focuses on inspiring professional women who want to lead **expressing themselves fully** and exercising their **natural, authentic power**.

Her passion for empowering and inspiring women started at the age of 10, when she first published her own magazines for girls.

LinkedIn profile:

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Dare To Glow: <http://www.linkedin.com/company/dare->