

4. & 5.12
10:00–16:00

Cost: 40€

Lead Her Ship

Leadership
workshop
for women
40+

Facilitation:



Asia Wojtarowicz

Trainer and educator for social impact: women's leadership, human rights, migration, peace education

Tickets:



Scan to pay

Organised by:



Funded by:





LeadHerShip

Workshops for women 40+

Women over 40 have years of work, decisions and responsibility behind them. They know what they bring to the table. What they often lack are the tools to show it, to stand up for themselves and to decide consciously which direction to take next.

Leadership programmes for women usually assume a business career: they prepare future managers or support those who already lead. They follow a corporate model of leadership shaped by men's career paths and focus on what women supposedly lack. A woman who doesn't see herself as a CEO or a board member will rarely find anything for her in this offer. These programmes also overlook what women 40+ face most often: age pressure, patterns learned in organisations that were unfriendly to women, burnout and eroded self-worth.

In **LeadHerShip**, leadership means the ability to steer your own life. The workshops do not aim at promotion to a management position. You will strengthen your agency, courage, ability to set boundaries and to speak in your own voice.

We work from a feminist leadership perspective, building on participants' experience and competence. We treat change as a project: we set a direction, look for support and plan the first steps.

This workshop is for you, if you are a woman who:

- know what you can do but find it hard to show it or fight for it,
- feel stuck or are facing change in any area of life,
- are tired of giving way, keeping quiet and taking responsibility for everyone,
- want to regain influence over your own decisions and the direction you are heading,
- experience ageism, non-recognition of your qualifications or burnout.

Women with migration experience are especially encouraged to apply.

Topics:

everyday leadership and agency · feminist leadership · self-worth · boundaries and assertiveness · stress, emotions and resilience · conflict and difficult conversations · change as a project: vision, support, small steps · migration experience as a resource.

Your participation includes:

- 10 hours of workshops in a group of up to 15 women,
- a one-hour individual online consultation with the facilitator (after the workshop, optional),
- a joint online meeting with participants from the sister workshop in Szczecin, Poland (in English, approx. 3 hours).

Contact: hello@corelab3w.com, contact@afriw.org