

VOICE OF INFLUENCE

Executive Leadership Programme for Senior Women Leaders

PROGRAMME OVERVIEW

WHAT IS VOICE OF INFLUENCE?

A 12-week group coaching programme designed to help senior women leaders strengthen their authority, lead courageous conversations, and show up with grounded presence in high-stakes situations.

Participants develop both the internal foundation (self-acceptance, values, leadership identity) and external skills (voice, body language, strategic communication) needed to lead with conviction.

WHO IT'S FOR

Senior women in director, VP, C-suite, or board-level roles who want to:

- Stop being overlooked, interrupted, or dismissed in senior forums
- Navigate difficult conversations with confidence and clarity
- Strengthen their executive presence and influence
- Lead authentically without performing or people-pleasing

PROGRAMME STRUCTURE

12 consecutive weeks | Weekly 90-minute live group coaching sessions | Maximum 8 participants per cohort

Week 1 — Grounded Presence & Self-Authority: Claim your leadership identity, values and internal steadiness.

Week 2 — Voice as Influence: Strengthen your vocal clarity, conviction and communicative impact.

Week 3 — Reading the Room: Interpret power dynamics, body language and the unspoken currents in any room.

Week 4 — BRAVER™ Part 1: Breathe, Reframe, Advocate—your disciplined method

for difficult conversations.

Week 5 — BRAVER™ Part 2: Validate, Explore, Resolve—navigate complexity with courage and composure.

Week 6 — Holding Your Ground: Stay centred under pressure, interruption and challenge.

Week 7 — Presenting with Presence: Deliver high-stakes messages with authority, authenticity and calm.

Week 8 — Influence in Action: Apply your tools to real scenarios with live feedback and refinement.

Week 9 — Strategic Authority: Strengthen your boundaries, emotional regulation and confidence under scrutiny.

Week 10 — Executive Communication: Lead senior conversations, Q&A and stakeholder engagement with poise.

Week 11 — Your Influence Narrative: Define and communicate the leadership story that earns respect.

Week 12 — Integration & Future Voice: Deliver your final high-stakes message and map your next-level presence.

WHAT'S INCLUDED

- ✓ 12 x 90-minute live group coaching sessions
- ✓ BRAVER methodology workbook and resources
- ✓ Weekly practice exercises and homework
- ✓ Private peer community for support between sessions
- ✓ Recordings of all sessions for review
- ✓ Post-programme 30-minute 1:1 integration call (4 weeks after completion)

FACILITATOR: SHARON AMESU, THE BOARDROOM BARRISTER

- Multi-award-winning executive coach specializing in leadership communication
- 16 years' experience as a criminal barrister navigating high-pressure courtrooms
- LinkedIn Learning course creator (60,000+ completions)
- Board member
- Works with organisations including EY, KPMG, NHS, Manchester City Council

THE BRAVER METHODOLOGY

A proven framework for navigating difficult conversations with courage and clarity:

Breathe - Ground yourself in moments of pressure

Reframe - Shift perspective to see situations clearly

Advocate - Speak with conviction, not apology

Validate - Acknowledge without abandoning your position

Explore - Navigate complexity with curiosity

Resolve - Move forward with clarity and confidence

EXPECTED OUTCOMES

Participants develop:

- Grounded presence that creates natural authority and credibility
- Practical tools for handling difficult conversations without avoidance
- Enhanced executive presence in boardrooms, presentations, and high-stakes meetings
- Greater confidence advocating for themselves, their teams, and their ideas
- Strategic communication skills that ensure ideas land and boundaries hold
- Peer relationships with other senior women navigating similar challenges

BUSINESS IMPACT

Organisations report participants demonstrate:

- Stronger stakeholder influence and relationship management
- More effective conflict resolution and accountability conversations
- Improved confidence in senior leadership forums
- Enhanced ability to challenge decisions and advocate strategically
- Greater presence and credibility with boards, clients, and senior teams

INVESTMENT

£3,500 per participant (full 12-week programme)

Voice of Influence: £3,500 for 12 hours live coaching + peer learning + resources + ongoing support

Equivalent 1:1 coaching value: £5,000-£10,000+

NEXT STEPS

Visit: www.sharonamesu.co.uk

Contact: enquiries@sharonamesu.co.uk

LinkedIn: Sharon Amesu

Limited to 8 participants per cohort to ensure personalized coaching and meaningful peer connection.

Voice of Influence | Executive Coaching for Senior Women Leaders