

# IN HER ELEMENT

In Her Element is a transformative development program for women that combines mindfulness and neuroscience with 1:1 coaching and a supportive group. Gain insight and confidence to be your best self.

Women make up

**47%**

of the workforce  
in the  
United States

&

are consistently ranked higher  
in potential than men in

**75%**

of critical leadership  
competencies

Yet...

lack the confidence to  
pursue a job opportunity  
beyond their experience

**7 out of 10**

believe they are under more pressure  
than men to conform

**67%**

say they needed  
more support  
building confidence  
to feel like they can  
be leaders



## Program Overview

### What ?

**This unique, eight- to nine-month cohort program motivates and inspires women leaders individually and collectively through:**

- Peer, individual and leader pre-interviews that identify areas of focus
- Group sessions that lay the program foundation
- One-on-one coaching that fosters development

### Why ?

**In Her Element is for you if you want to:**

- Support, develop and empower women leaders
- Help women leaders find their authentic voice
- Strengthen women's influence at all levels
- Explore leadership that truly makes a difference
- Create a community of advocates and partners
- Advance individual courage and belonging

### How?

Contact The Disruptive Element today for a custom quote and discover how to challenge your organizational assumptions, uncover the possibilities of your female leaders and develop business women who make a difference in your organization and in their own careers.

**Click Here and Register for a cohort today!**



### Testimonials

*"In Her Element increased my awareness about my core needs and I now know where I need to focus to elevate my future work."*

*"I walked in thinking this was going to be another leadership development program. It's so much more than that. In Her Element is an innovative program that will help you reach your true potential!"*

*"The group work combined with the coaching allowed me to make this a personal program. Ending the program is the toughest part!"*

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## Journey Map

### 1. Setting the Stage

Work 1:1 with a coach to help determine an initial focus area (sample focus areas include increased confidence, next steps in career, or a specific problem area).

### 2. Increase Awareness

We begin the journey by uncovering your existing thought patterns and how you use them to make choices that ultimately affect your desired results.

### 3. Roadmap to Results

Uncover your thought processes in this second session into a set of prioritized and effective execution steps to achieve your desired results.

### 4. Unlock your Personal Brand

In this third session begin the process of defining, refining, and living your personal brand.

### 5. The Power of Presence

In this last session, discover the power within to be fully present in every aspect of your life.

### 6. Final Debrief

Review the journey taken, key insights, specific application of results and what is needed for sustainability.

Celebrate!

MONTH 1

MONTH 8



THE DISRUPTIVE ELEMENT

### Educate

Understand how your brain works and why these areas of focus are critical.

### Connect

Each focus area is uniquely tied to your objectives and 1:1 coaching enhances personal connection to facilitate further development.

### Apply

Translate insights and connections immediately into new actions. Each practicum builds upon the last for a fully integrative, sustainable result for you!

[thedisruptiveelement.com](http://thedisruptiveelement.com)

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