



cahla™

WOMEN IN LEADERSHIP



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Whether you're an ambitious leader or coach seeking to expand your influence or an organisation committed to investing in your female talent, we are delighted that you've found your way here.

This brochure is an invitation to explore a different kind of leadership—one anchored in purpose, coaching and authentic executive presence.

On the following pages, you will discover how the Cahla Women in Leadership Programme can equip you with the tools to cultivate an impactful and inspiring style of leadership.

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## THE PROBLEM WE SOLVE



There are a complex set of internal and external barriers that make leadership disproportionately challenging for women.





## THE PROBLEM WE SOLVE

KPMG Study: 2020 KPMG Women's Leadership Summit Report  
2023 World Economic Forum: Global Gender Gap Report  
2023 and 2024 McKinsey and Company: Women in the Workplace Report  
2024 Deloitte: Women at Work Report  
2025 LinkedIn Economic Graph: The State of Women in Leadership

- ▶ **75%** of women believe they have personally experienced imposter syndrome in their careers, a feeling less common among their male counterparts.
- ▶ Despite making up nearly half of the global workforce, women hold just **30.6%** of leadership positions, with progress at a standstill.
- ▶ **1 in 3** women have considered leaving their career due to burnout, a challenge escalating faster for women than men.
- ▶ **1 in 4** women don't want to become a senior leader within their organisation, with the top-cited reason being company culture.
- ▶ Women who display assertive and direct leadership traits are often rated as "**less likeable**" by their peers and direct reports.





Since 2023, our **Women in Leadership** programme has equipped women to find their **purpose**, cultivate authentic **executive presence**, and become inspiring, **coach-like leaders**. This October, we are proud to welcome our fifth cohort.

## OUR SOLUTION







# CAHLA IS A COACHING-FIRST LEADERSHIP COMPANY

Cahla - derived from the Irish *Cahdla*, meaning beautiful and graceful, and echoing *Cahal*, meaning brave or warrior. Together, these meanings capture the essence of leading with purpose, presence and power.



# CAHLA VISION & MISSION

**We exist** to help women step into leadership that transforms not performs. Anchored in executive presence, coaching practice, and community, Cahla creates authentic leadership that lasts.

**Our mission** is to become a global leader in coach-training for women, offering International Coaching Federation (ICF) accredited programmes, thriving community spaces and transformative experiences that develop powerhouse female leaders, coaches and teams.







## EXPERIENCE POWERFUL TRANSITIONS:

- ▶ From unconfident to inspiring
- ▶ From unfocused to strategic
- ▶ From unsure to equipped

## PROGRAMME OUTCOMES



**50%**

increase in feeling  
equipped to lead



**55%**

increase in executive  
presence at work



Women in Leadership Impact Report 2025



## OUR METHODOLOGY



Work through Cahla's 10  
Chapters of Leadership  
guiding you through your  
**Executive Presence**  
**Pathway** with *purpose,*  
*presence and power.*



# OUR METHODOLOGY AND PROGRAMME DATES



- 1 A COACHING APPROACH (8 OCTOBER 2025)**  
Practice foundational coaching skills that transform every conversation and meeting.
- 2 CULTIVATING TRUST AND SAFETY (22 OCTOBER 2025)**  
Uncover biases in the workplace and build inclusive spaces that support high performing teams.
- 3 BUILDING SELF-BELIEF (5 NOVEMBER 2025)**  
Explore limiting beliefs, meet your inner mentor and create your personal leadership brand.
- 4 COMMUNICATING WITH COLOURS (19 NOVEMBER 2025)**  
Understand your strengths and learn how to adapt, empathise and influence others.
- 5 SPEAKING WITH EXECUTIVE PRESENCE (3 DECEMBER 2025)**  
Practice speaking, pitching, networking and leading with a calm, confident and powerful presence.



## OUR METHODOLOGY AND PROGRAMME DATES



- 6 FACILITATING IMPACTFUL MEETINGS (17 DECEMBER 2025)**  
Practice facilitating meetings with greater impact, engagement and confidence in handling challenges.
- 7 MANAGING STRESS AND EMOTIONS (7 JANUARY 2026)**  
Learn strategies to manage stress, build resilience and bring out the best in others.
- 8 NAVIGATING DIFFICULT CONVERSATIONS (21 JANUARY 2026)**  
Practice a coaching approach to conflict to invite, receive and provide honest and impactful feedback.
- 9 LEADING STRATEGICALLY (4 FEBRUARY 2026)**  
Learn how to lead with direction and decisiveness to influence senior stakeholders and support teams.
- 10 DEVELOPING A COACHING CULTURE/BUSINESS (18 FEBRUARY 2026)**  
Explore how to cultivate a coaching culture (or business), manage effective change and lead with clarity, influence and impact.





## PERSONALISED

Receive three executive coaching sessions, a C-me high performance profile and a certificate confirming up to 50 hours of training.



## E-LEARNING

Access exclusive e-learning videos and resources on a private platform to develop the mindset and skills to lead with authentic executive presence.



## PRACTICE

Take part in fortnightly two-hour group calls where you'll practice skills in a supportive space and connect with members between sessions in our online community.





The programme is led by Beth O'Neill, PCC, the Director of Education, and founder of Cahla. As an **ICF-certified coach** and **accredited C-me facilitator**, Beth is dedicated to helping female leaders cultivate a sense of purpose, presence, and power. Her style is anchored in calm clarity and encouraging honesty, creating a safe space for you to practice, role-play and get feedback. This builds the skills and confidence needed for a powerful presence, allowing you to become the leader you were always meant to be.

Beth is accompanied by a curated pool of **Cahla Coaches**, all of whom are trained in ICF coaching and the Cahla way of delivery. This ensures you will receive consistent and high-quality guidance throughout your transformative journey.



A photograph of a woman wearing a black hijab, smiling warmly while engaged in a conversation with another person whose back is to the camera. The woman is holding a small white card with the name 'Jawad' written on it. The background is softly blurred, showing what appears to be an indoor setting with shelves.

**WHAT OUR CLIENTS SAY**





I WALK TALLER NOW, WITH AUTHENTIC  
EXECUTIVE PRESENCE AND TOOLS TO  
BRING THE BEST OUT IN OTHERS

BRIDGET O'LEARY, THE SALVATION ARMY





*I'VE SEEN THE GREAT EFFECT THIS  
PROGRAMME HAS HAD ON SEVERAL  
TALENTED COLLEAGUES IN TERMS  
OF PRACTICAL SKILLS,  
CONFIDENCE AND THE FACT THEY  
REALLY ENJOYED IT.*

NICK SHENOW, TEARFUND





QU<sup>⚡</sup>ET  
STORM



tearfund



Altuent.





**PERSON-CENTRED  
COACHING APPROACH**

# WHAT MAKES US SPECIAL

WHAT SETS US APART



**PRACTICAL-SKILLS  
BUILDING IN COMMUNITY**



**POWERFUL IMPACT IN ALL  
AREAS OF LIFE AND WORK**





# PRICING & PACKAGES

Your investment in the Women in the Leadership Programme is **£1,699\***.

We believe that purposeful leadership should be accessible to everyone. In service of this mission, we offer bursaries for charities and self-funded places, special discounts for multiple bookings, and bespoke packages to support entire teams.

Contact [info@wearecahla.com](mailto:info@wearecahla.com) for more information.

\*Prices may increase in 2026



# PRICING OPTIONS FOR ORGANISATIONS



## ► SPONSOR AN INDIVIDUAL

This option is a targeted, high-impact investment in a female leader in your organisation to equip her with the skills and confidence to lead with executive presence.

## ► SPONSOR A SMALL GROUP

Encourage a shared learning journey by sponsoring a small group of your female leaders to take part in Women in Leadership together.

## ► SPONSOR A FULL COHORT

Invest in a full cohort of female leaders on our flagship programme, by inviting the Cahla team to deliver Women in Leadership at your location.

## ► TAILORED TEAM PROGRAMME

We can deliver a tailored programme exclusively for your team to improve team cohesion and performance and co-create a coaching culture.



READY TO LEAD WITH  
PURPOSE, PRESENCE AND  
POWER?







# CONTACT US

PLACES ARE LIMITED TO 9 SPACES  
PER COHORT, SO CONTACT US  
TODAY TO REGISTER YOUR  
INTEREST.

▶ **EMAIL**

[info@wearecahla.com](mailto:info@wearecahla.com)

▶ **REGISTER YOUR INTEREST**

<https://wearecahla.com/women-in-leadership-waitlist-join-page>

▶ **SOCIAL MEDIA**

<https://www.linkedin.com/wearecahla>

<https://www.instagram.com/wearecahla>

**cahla**<sup>™</sup>





# cahla<sup>TM</sup>

Purpose. *Presence.* Power.