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

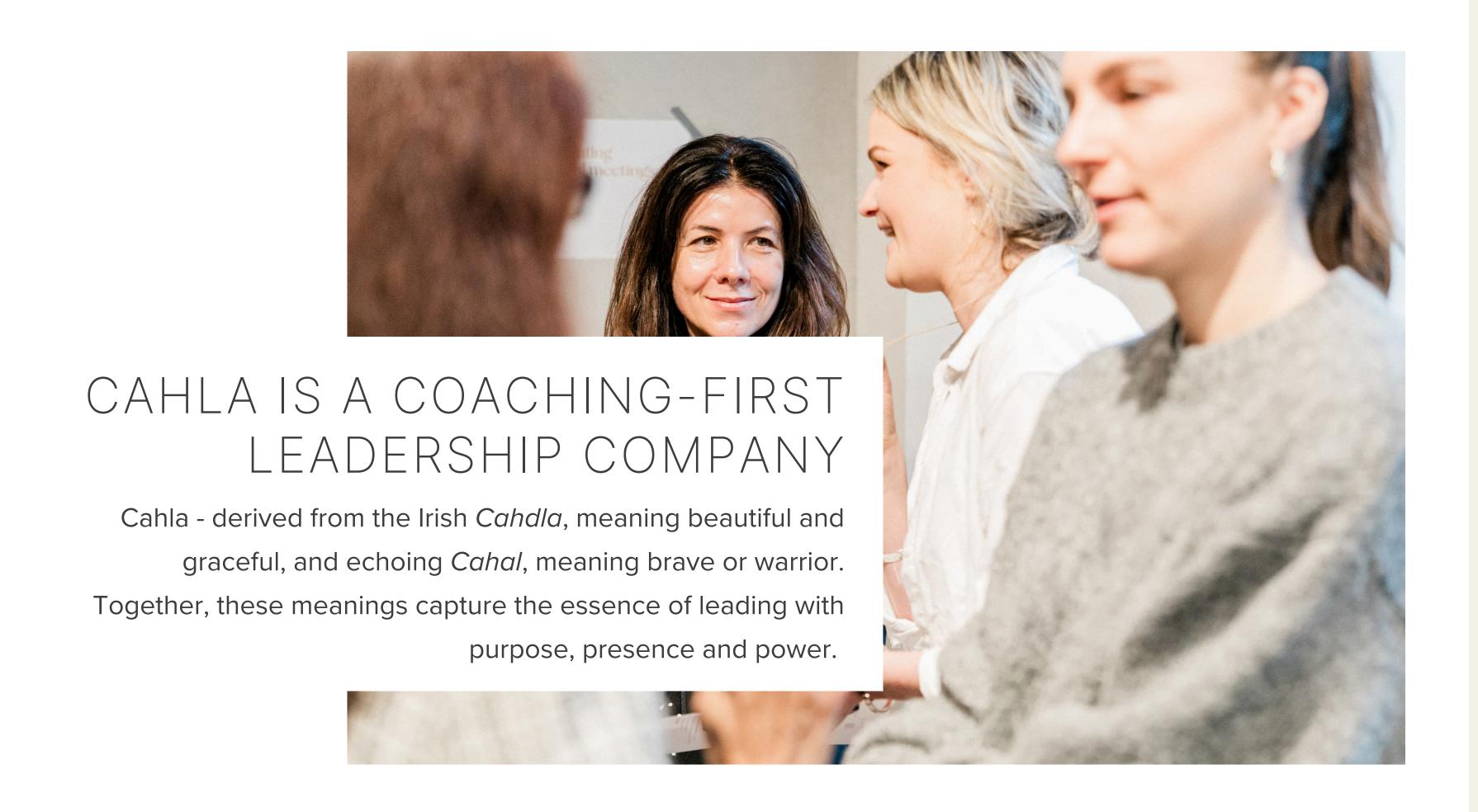


- 75% of women believe they have personally experienced imposter syndrome in their careers, a feeling less common among their male counterparts.
- Despite making up nearly half of the global workforce, women hold just **30.6%** of leadership positions, with progress at a standstill.
- **1 in 3** women 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 topcited 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.





# 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 coachtraining 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

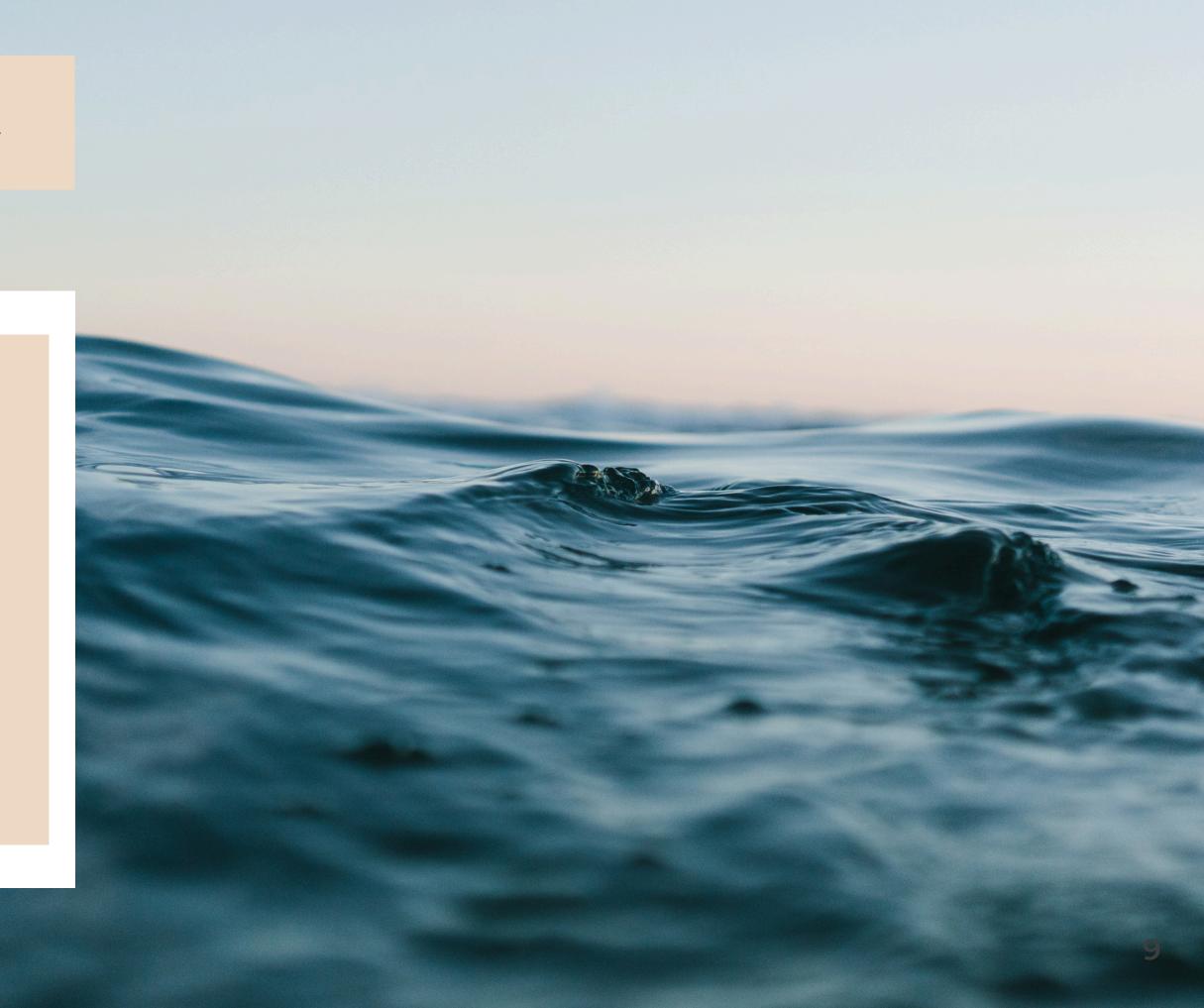


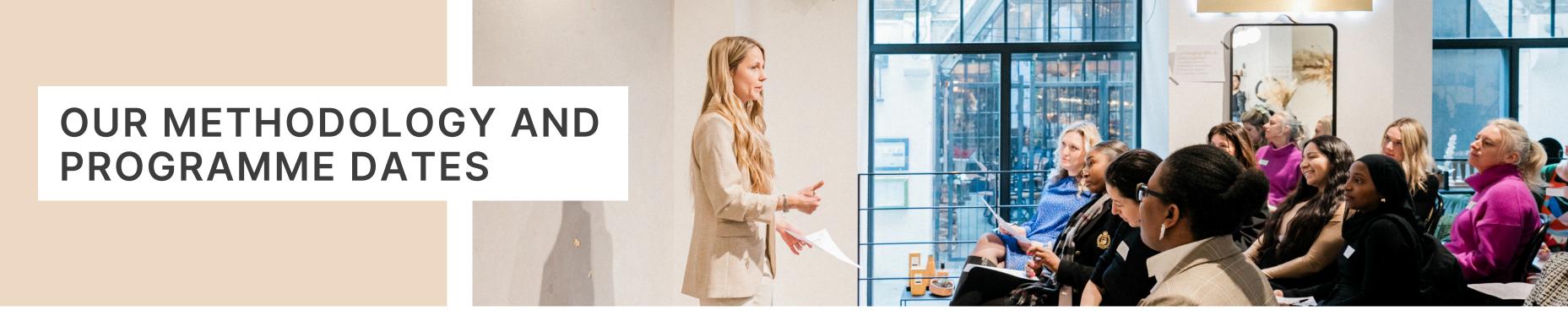
**55%** increase in executive presence at work

# OUR METHODOLOGY



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





- 1 A COACHING APPROACH (8 OCTOBER 2025)

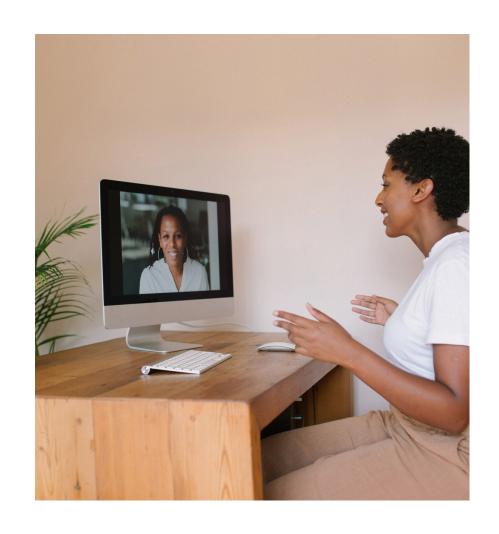
  Practice foundational coaching skills that transform every conversation and meeting.
- 2 CULTIVATING TRUST AND SAFETY (22 OCTOBER 2025)
  Uncover biases in the workplace and build inclusive spaces that support high performing teams.
- 3 BUILDING SELF-BELIEF (5 NOVEMBER 2025)
  Explore limiting beliefs, 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.



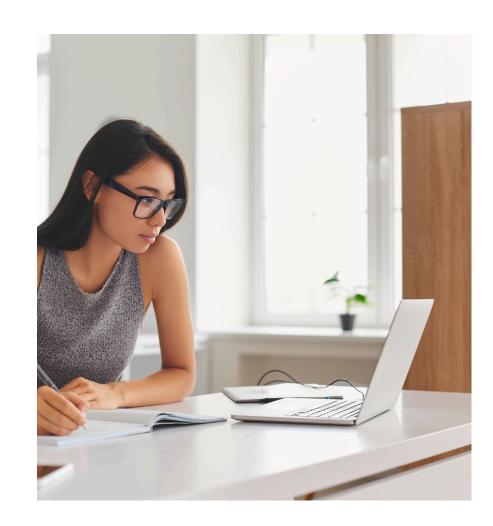
- 6 FACILITATING IMPACTFUL MEETINGS (17 DECEMBER 2025)
  Practice facilitating meetings with greater impact, engagement and confidence in handling challenges.
- 7 MANAGING STRESS AND EMOTIONS (7 JANUARY 2026)
  Learn strategies to manage stress, build resilience and bring out the best in others.
- 8 NAVIGATING DIFFICULT CONVERSATIONS (21 JANUARY 2026)
  Practice a coaching approach to conflict to invite, receive and provide honest and impactful feedback.
- LEADING STRATEGICALLY (4 FEBRUARY 2026)
  Learn how to lead with direction and decisiveness to influence senior stakeholders and support teams.
- 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.



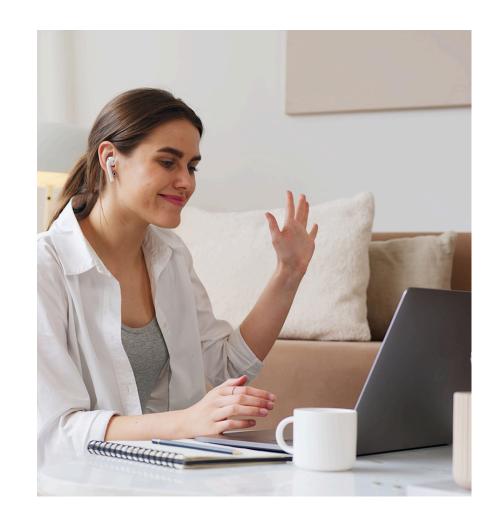
### **PERSONALISED**

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.



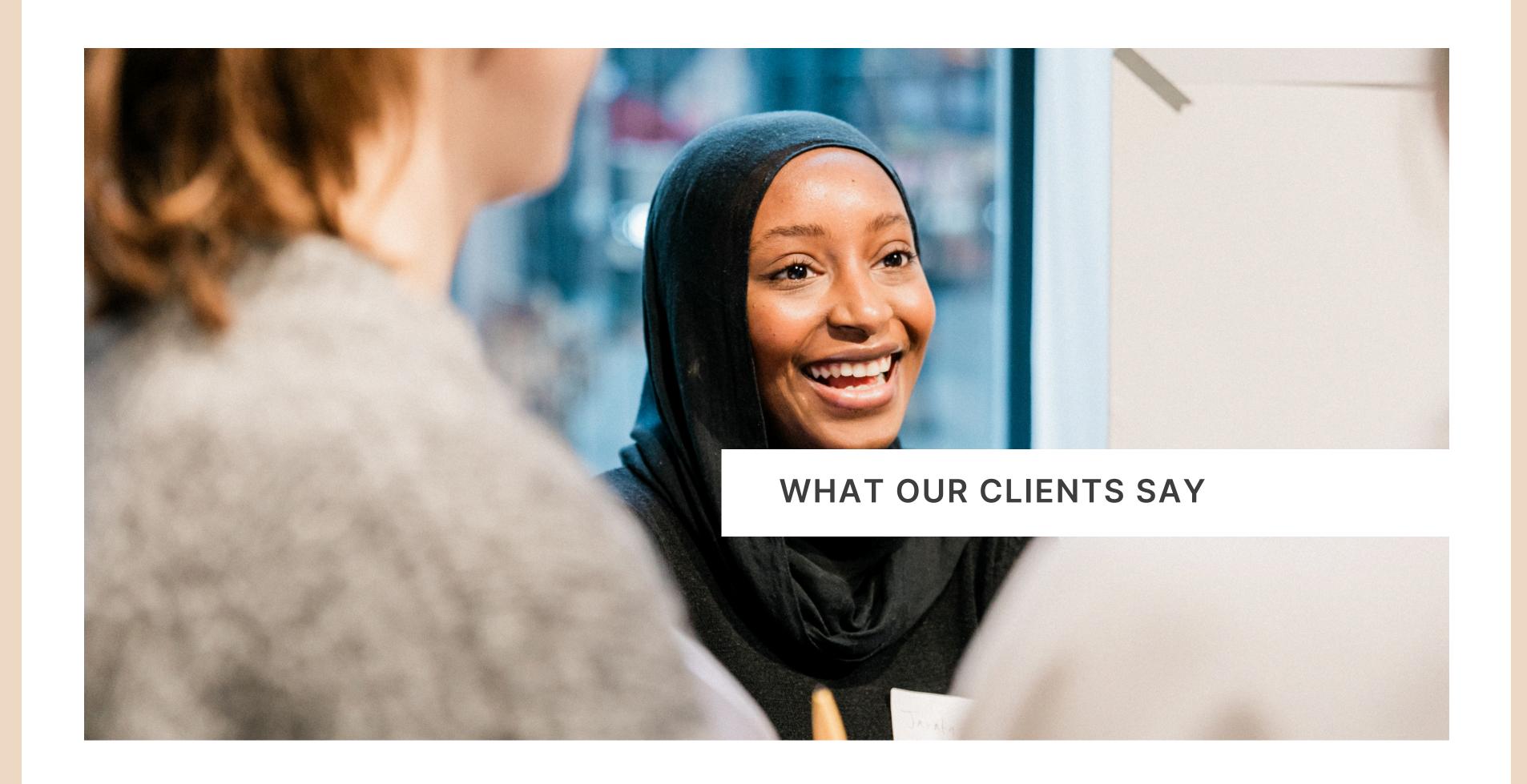
### **PRACTICE**

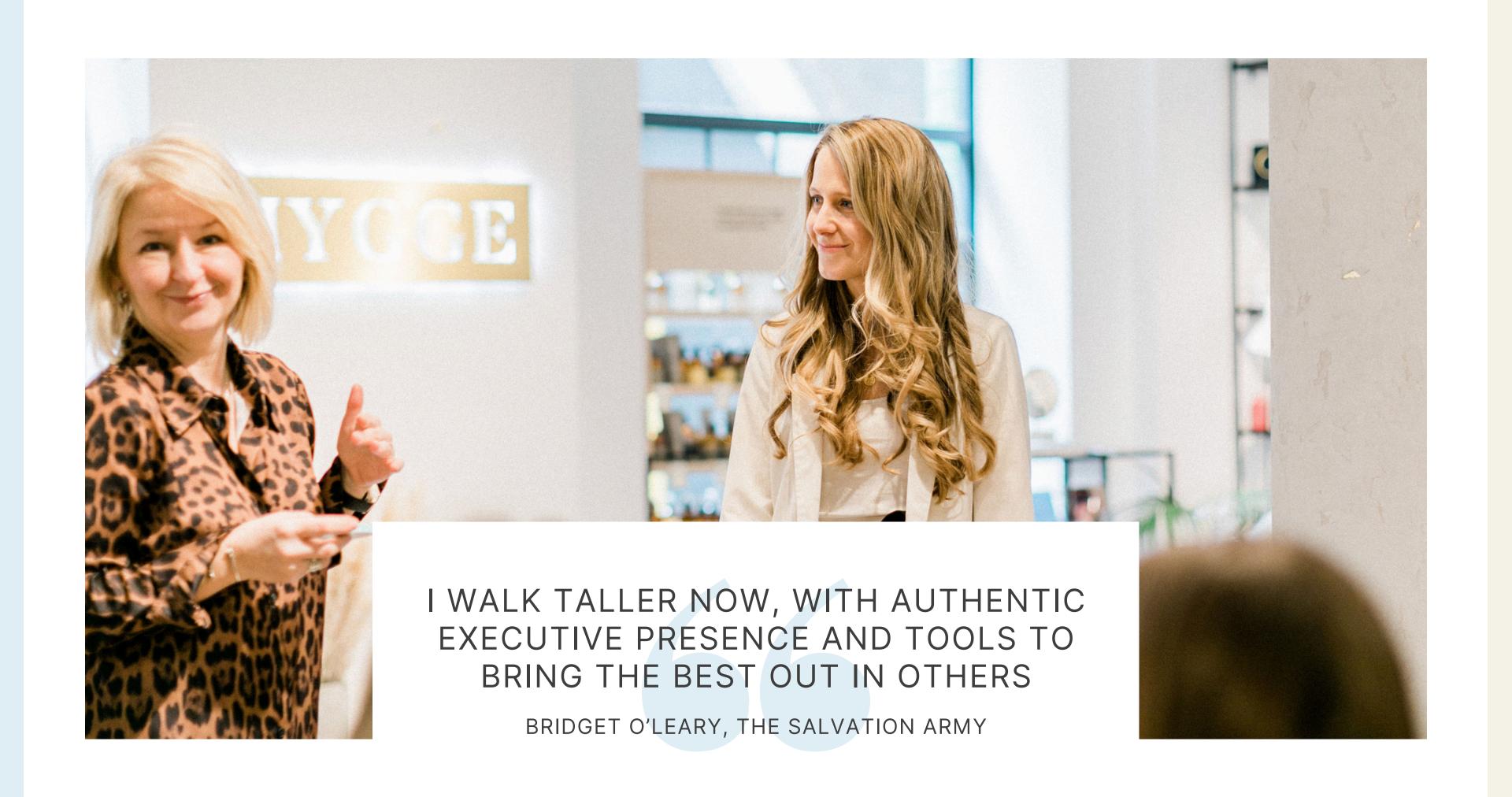
Take part in fortnightly two-hour group calls where you'll practice skills in a supportive space and connect with members between sessions in our online community.



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.









QU/ET STORM





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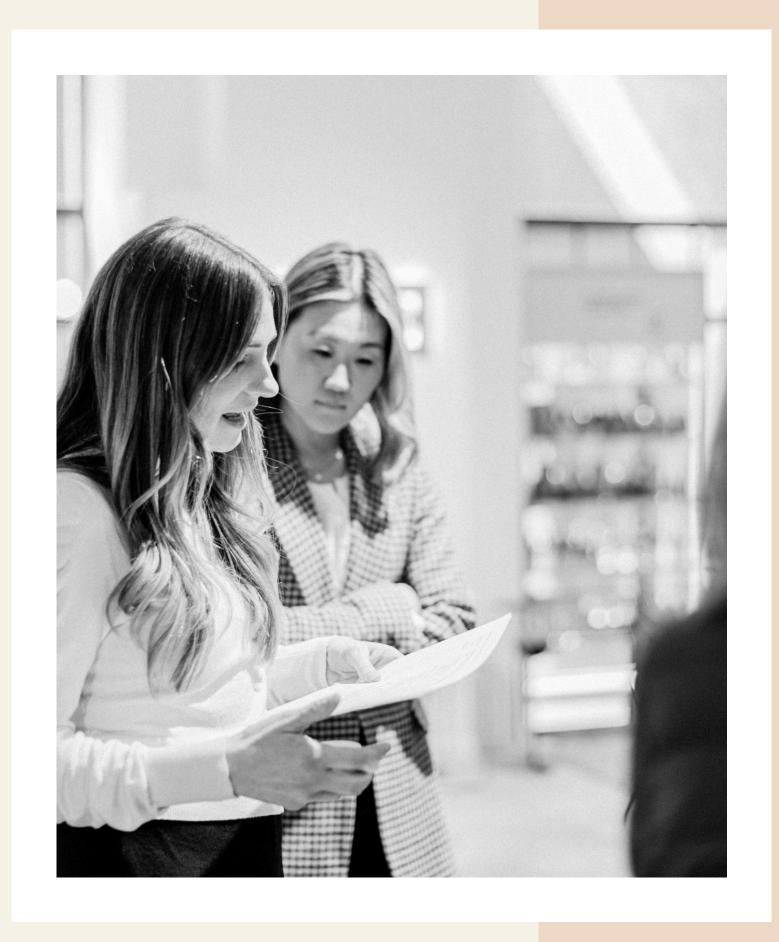


# WHAT MAKES US SPECIAL

WHAT SETS US APART







# CKAG PRICING

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 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 at 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 cocreate a coaching culture.





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

#### **EMAIL**

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

