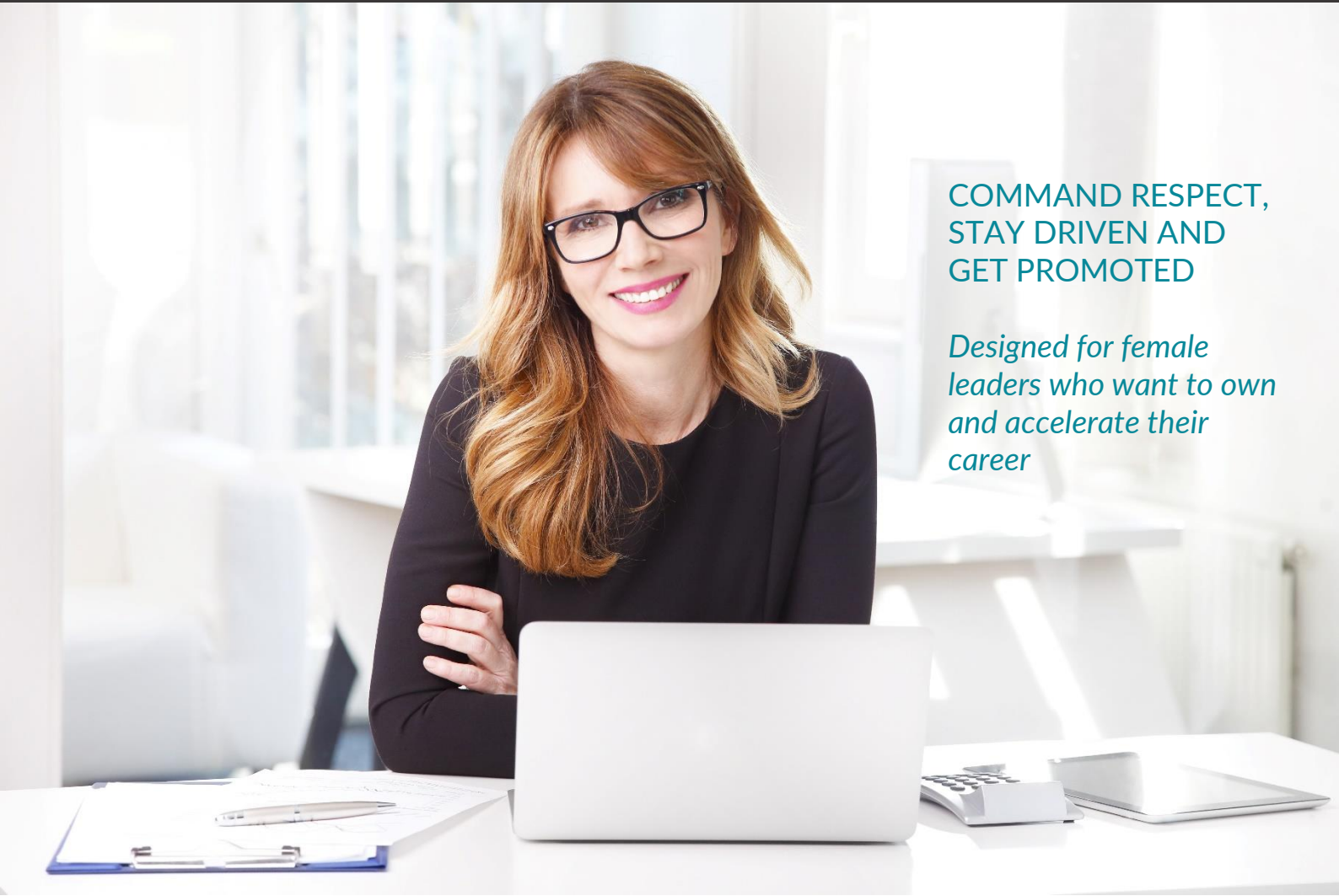


RISE PROGRAM

3 MONTH PROGRAM
INFORMATION GUIDE 2021



COMMAND RESPECT,
STAY DRIVEN AND
GET PROMOTED

*Designed for female
leaders who want to own
and accelerate their
career*



GILLIAN FOX GROUP
LEADING WOMEN'S CAREER ADVANCEMENT

Program Details

RISE PROGRAM

The RISE Program is an achievable three month intensive career and leadership training program with a focus on personal coaching.

The program aims to empower women to take their careers back into their own hands. It teaches participants invaluable skills and strategies so they can continue managing and progressing their careers beyond the program.

This program is designed for both current and aspiring women leaders, across all industries and business functions. Typically, you'll be aged 30-45 years with a strong focus on accelerating your career. You are looking for the chance to build on critical skills in order to grow and navigate the challenges and gender biases facing female leaders.

The program will drive real results by putting in place a firm step-by-step career plan to take you where you want to go. You'll be working directly with some of the top women in Australian business (former directors) to identify your strengths and areas for improvement.

This is a unique career program. It is an open conversation and tailored to your specific challenges. Depending on your individual needs, you will learn the following:

- **How to communicate powerfully** and overcome any fear of speaking up.
- **The right ways to build relationships** with mentors and sponsors.
- **How to get strong support** from your manager and peers.
- **Ways to initiate and manage** difficult conversations.
- **How to excel at work** without sacrificing a full home life.

Program format

The program kicks off with a comprehensive group workshop. You'll meet like-minded women and start forming invaluable networks. The workshop is followed by two individual executive coaching sessions, where you'll work with an experienced leadership coach to produce a career development plan. The program wraps up with an additional group roundtable discussion.

- **The group workshop sets the agenda** and goals for the program. We discuss what you'll achieve over the three-month program, as well as the key tools to ensure success. You'll hear from an accomplished guest speaker and be introduced to actionable strategies, comprehensive resources and useful exercises. The workshop is full of tools and practical information to excite and inspire your career possibilities.
- **The two individual coaching sessions** are designed to help identify your unique strengths and areas for improvement. You will be paired with an experienced coach to suit your specific challenges. You'll work together to articulate your goals and develop a plan for your career advancement and start actioning it with their support.
- **Career development plan** you'll leave the program with a physical plan to guide your advancement for right now, as well as the year ahead. This document drives real results, giving you a firm plan of attack to reach your goals and win your next promotion.
- **Additional group sessions** where you'll come together to hear guest speakers, learn new career tools and work with other participants to discuss key learnings and takeaways.

August 2021 Program Schedule Sydney

RISE PROGRAM



Date and Time	Session	Location	Notes
Thurs, 5 August 2021 9:00AM - 11:00AM	Group workshop	Via Zoom or similar	All participants to join
6 September - 17 September 2021	Executive coaching session 1	Via Zoom or similar	You will be allocated a one hour session on one of these dates
Thurs, 30 September 2021 9:00AM - 11:00AM	Group workshop	Sydney CBD - venue to be advised	All participants
4 October - 15 October 2021	Executive coaching session 2	Via Zoom or similar	You will be allocated a one hour session on one of these dates
Thursday, 4 November 2021 9.30AM - 11.00AM	Group workshop	Sydney CBD - venue to be advised	All participants to attend

Key Topics Covered

RISE PROGRAM



➔ Identifying key growth areas

We'll work through the specific barriers keeping you from your next promotion. These may include:

- Improving how you communicate your value to the organisation.
- Improving your senior stakeholder management.
- Focusing on your strategic 'nouns'.
- Building your technical knowledge and skills.
- Managing your performance in high pressure situations.

➔ Increasing day-to-day resilience

Building resilience and confidence are two of the most common barriers for female leaders. During the program we'll focus on:

- Building the confidence to be assertive and decisive.
- Dealing with difficult stakeholders.
- Speaking with command and authority.
- How to get support from the people around you.
- Ways to stay driven whilst managing office politics.

➔ Finding the right mentors and sponsors

We'll address everything you need to find great mentors and sponsors for the rest of your career.

We'll look at:

- The differences between a mentor and a sponsor.
- How to find a mentor who understands your personal life and work environment.
- Why both mentors and sponsors are critical for female leaders.
- Ways to schedule effective, frequent meetings with mentors and sponsors.
- The most compelling way to approach a new mentor or sponsor.

➔ Building a career plan

Through the RISE Program, you'll build an ambitious, yet practical career strategy. Together, we'll cover:

- Your long-term career vision for 5-10 years' time.
- Short-term goals to take you towards your long-term goals.
- Sacrifices that you should, and shouldn't accept in your career plan.

Student Success Stories

RISE PROGRAM



“I can’t recommend this program enough. There is so much unwritten, unspoken, unsaid, that you really need to know and sometimes, you won’t get it from the people you work with or your friends or family. You also need to ask the right questions to solicit the right feedback. This course made a dynamic change to my outlook professionally and personally and I’d highly recommend to anyone looking for career advancement or to just break out of the rut and learn how to approach things differently.”

Research and Consultation Coordinator, City of Parramatta



“The program helped me truly understand the importance of resilience, assertiveness and influence in business. As a result, I have built, developed and maintained a network of senior sponsors who’ve ultimately helped me secure two promotions since completing the program.”

Head of Editorial & Native Content, oOh! Media



“The work you do building networks and contacts can have a great impact on your career. During the program I received a promotion due to the influence of one of my sponsors and his ability to see my potential and pass this on to top management. I received another promotion recently due to an offshore sponsor suggesting me for a new position. The work you do building networks and contacts can have a great impact on your career.”

Head of Financial Planning & Analysis at MetLife Australia



“One of the most valuable parts of the program is meeting a range of women with the same kind of career ambition. It allows you to start engaging with a much broader network.”

Manager, Group Services, Investec Australia



“The most powerful part of the program was the opportunity to take the time out of the day-to-day to really think about my career and then put an action plan in place to get me moving in this direction.”

Associate Director, Customer Execution & Governance, ANZ



“Had I not done this course, I don’t think I would have had the courage and confidence to be this open and honest with my manager about what I exactly want to achieve in my career.”

Senior Manager, Lending Advisory, NAB

Frequently Asked Questions

RISE PROGRAM

ABOUT THE PROGRAM

How is this program different to other career programs?

This program is designed specifically for female leaders. It deals only with the challenges that female leaders face in achieving their next promotion, such as finding sponsorship and improving senior stakeholder management. Unlike many other programs courses we won't leave you to go it alone. You'll get supportive coaching so you can ask all your questions and get tailored advice, with individual recommendations provided at the two private coaching sessions.

Who are the guest speakers?

The workshop contains a highly successful guest speaker. The speaker is a seasoned female senior executive, with significant expertise and advice to share.

What happens in the coaching sessions? Do I need to prepare anything?

Ahead of your first coaching session, there's a comprehensive career questionnaire (that we ask you to fill out honestly). In the sessions we'll work through the answers and build an understanding of your career strengths and weaknesses, as well as building a foundation for your career plan.

What is the commitment outside the workshop coaching sessions?

Through the program you may be expected to do 90 minutes of 'extension' work each week. This work will benefit your current job and will typically involve research and speaking to others in your organisation.

Who runs this program?

The program is designed and facilitated by Gillian Fox. Gillian is an accomplished female leader and has worked as a senior executive at both News Corp and Pacific Magazines, where she managed over 100 employees.

How often does the program run?

The RISE Program currently runs twice each year.

Where is the program held?

Ordinarily, the workshops are delivered in Sydney at a CBD location, with an option to join us online. The coaching and other sessions will be delivered remotely.

How many people attend the program?

Each RISE Program runs with up to 20 participants. We limit the number of participants so we can provide effective, personal attention.

Do I get to pick the dates for my sessions?

Unfortunately not. You will be allocated a set date and time for your sessions, but you are able to swap sessions with other participants.

How long are the sessions?

The first workshop runs for 3.5 hours, while the individual coaching sessions run for 1 hour each.

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WHO THE PROGRAM IS FOR?

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GAINING APPROVAL TO ATTEND

I'm keen to enrol. How do I sell it to my manager?

In 95% of cases, your employer will pay for you to attend the RISE Program. As a first step you should sit down with your manager to discuss the program.

Before your discussion, we suggest you print:

- Your most recent performance review, and
- This document on the RISE Program.

By specifically matching your development areas with the deliverables under this program you can easily make a compelling case for attendance.

For extra assistance with approaching your manager, contact us as at info@gillianfox.com.au and we'll send you an email template that your employer can't ignore.

What if I can't get support from my manager?

We suggest you speak to both your direct manager and HR about the alternative ways the company may be able to support you attending the program. If there's no way your employer will fund the program, you can always choose to pay program costs personally. We do offer a two-part payment plan to attendees personally funding the program.

Frequently Asked Questions

RISE PROGRAM

PAYMENT AND LOGISTICS

How does payment work?

As soon as we receive your application form, we'll send an invoice to the address or email you nominate. Invoices are payable by bank transfer or via credit card.

Is there a money back guarantee?

You get a 30-day, money-back guarantee when you start the RISE Program. That means you can attend the workshop and first coaching session and decide if it's right for you. As long as you attend all sessions and do the work, we will refund 100% of your payment if you decide that the program isn't right for you.

Do you offer a payment plan?

We offer a two-part payment plan for attendees who are personally paying program costs. Please email info@gillianfox.com.au for more detail.

What happens if I need to cancel?

We offer a full refund of registration fee with more than 28 days' notice, 50% refund of registration fee with 14 to 28 days' notice. No refunds are given for less than 13 days' notice.

What if I miss a session?

We understand that things happen last minute. Typically, we're able to accommodate you with an alternative session.

Can you guarantee I'll get a promotion if I sign up to this program?

Unfortunately not. While graduates of the program have progressed in their jobs, the program is designed to help you identify your current roadblocks and arm you with the tools and strategies required to advance your career.

Meet Gillian Fox

RISE PROGRAM



RISE Program founder and coach lead, Gillian Fox, doesn't just talk the talk, she's walked the walk.

Gillian has enjoyed a successful career as both a senior executive and entrepreneur and knows exactly what it takes to climb the corporate ranks. Throughout her almost two decades in the corporate world, she was a senior executive at both News Corp and Pacific Magazines, where she managed over 100 employees, as well as leadership development and strategy.

Gillian has worked hard to get ahead and is now passionate about showing female leaders the steps and strategies required to forge their own paths. She founded Gillian Fox Group to teach women how to command respect, stay driven and get promoted.

The RISE Program builds on Gillian's career experience, leading academic research, as well as a number of incredible, well-respected female leaders.

Through the RISE Program, Gillian's contagious passion and action-focused "roll your sleeves up approach" has helped countless women secure promotions and find their voice in their organisations.

Registration Form

RISE PROGRAM

Please complete the following and return via email to info@gillianfox.com.au

Personal Details

Name	
Company Name	
Work Address	
Invoice Address (if different from above)	
Email	
Preferred Phone (mobile)	

Please register me for the RISE Program, at a fully inclusive cost of \$2,400 plus GST.

I understand that the following cancellation policy applies:

- Full refund of registration fee with more than 28 days' notice. 50% refund of registration fee with 14 to 28 days' notice. No refund of registration fee with less than 13 days' notice.
- You may register a colleague or friend as your substitute at no extra cost if you notify us at least 5 business days before the program.
- If you do not attend and do not make prior arrangements with us to cancel your registration or transfer it to a substitute, you will be charged 100% of the registration fee.

Confirmation

Your Signature	
Date	

We will never share, rent, or sell your personal information.