



SSE RIGA

STOCKHOLM SCHOOL
OF ECONOMICS
IN RIGA

Women in Leadership

Seven day programme

Executive Education



Programme Overview

Take the time and space to grow. Develop your leadership, negotiating and influencing skills while reaching a greater understanding of your strengths.

The Women in Leadership Programme is an outstanding opportunity for senior women leaders with at least six years of managerial experience. The Programme has been specifically designed to empower, challenge, inspire and develop ambitious women leaders who want to take their leadership to the next level. The Programme aims to boost leadership skills, achieve potential as a negotiator and influencer, and focus on strategic self-development to understand how to lead and what is needed in order to lead.

The Women in Leadership Programme is packed with a wealth of learning – lectures, simulations, techniques and tactics – all of this over seven dynamic days. Our leading global business-school faculty will challenge you during the programme and turn obstacles into opportunities. It will open the door to experience, knowledge and a professional network to leverage throughout your career and beyond.

DATES: June 2–4 and 14–17, 2021

STUDY FORMAT: In-person

APPLICATION DEADLINE: April 23, 2021

PARTICIPATION FEE: 4550 EUR +VAT

Programme tuition includes all meals and course materials.

Programme benefits

- Hear cutting-edge ideas about leadership and learn tried and tested techniques for overcoming the unique challenges faced by women leaders
- Become a stronger negotiator, influencer, communicator and leader
- Understand your own leadership, communication and negotiation style and translate it into strategy and action
- Develop a broader strategic outlook on local and global challenges and find solutions both in the workplace and life as a whole



Baiba Zuzena

Management consultant in digital transformation, innovation and strategic leadership
BAIBA ZUZENA consulting

The Women in Leadership Programme at SSE Riga is very well-considered and thorough. Participants go through a selection process and it is a pleasure to share this learning experience with highly motivated and open women. For me, the most powerful was the personal development dimension and opportunity to learn through experience by analysing individual cases and situations.



Līga Šķendere

Head of Finance Division
Swedbank Latvia

Women in Leadership is a very inspiring programme delivered not only with high standards but also providing a safe environment for self-reflection. For me, the most impactful findings were realization of my personal communication style and simple but effective techniques to reduce stress. It has made me calmer, more adaptable and resilient. The programme has equipped me with a more human-centric approach, skills to take care of my team and the ability to let go of my expectations. I am in a good position to lead and bring fresh energy to the team even during hard times.



Agnese Kleina

Editor-publisher, Benji Knewman
Managing director and concept designer,
Zuzeum Art Centre

It is a common notion that leaders have to be invincible and many of them want to be that. This programme and especially the module on self-development touched the core and all the painful aspects of being invincible and gave another meaning to the phrase “It’s only business”. The Programme gave me valuable thoughts and perspectives on leadership and self-development.



Zane Ozola

Co-owner, Baltic Design Addiction
Brand Director, l’mpfect

Every module of this programme resonated with me and gave me food for thought. I highly value that professional and personal aspects are covered in equal parts. The opportunity to reflect and analyse myself as a leader and as a personality is the most valuable aspect, I am taking from the Women in Leadership Programme at SSE Riga.

Who is the Programme for?

As someone considering this programme, you will have experience and will be responsible for leading others and making important decisions. The Women in Leadership Programme is an opportunity for middle and senior level women leaders with more than six years of experience in a leadership role (participants typically have 10–15 years of managerial experience).

It is specifically designed for:

- executives and functional managers who aspire to positions of greater influence and authority in their organizations
- women identified as high-potential talent by their organizations
- new mid-level and senior-level line-manager team leaders
- entrepreneurs and business owners

This is an international programme, so we welcome applications from ambitious women high-achievers from different countries and all sectors, including private, public and NGOs.

Programme at a glance

- Seven-day programme for experienced women executives
- The programme is composed of four interconnected modules aimed to accelerate personal and professional development
- Strong focus on sharing professional experience and discussions
- Small international group ensures an environment of intimacy, safety and trust
- Immediate application of lessons learned to career and personal development



Programme Content

The Women in Leadership Programme – guided by three themes: leadership, strategic self-development, persuasion and negotiation – will be delivered in four modules. Exclusive events form part of the programme – such as networking dinner with alumni of the programme to share, grow and network, as well as a seaside retreat to learn and reflect.

Module 1

Leadership

Become a better leader by building powerful relationships, understanding your own leadership style, and embracing change.

- Understand the key dimensions of responsible and effective leadership and what it takes to continue to grow throughout your career
- Understand the network of systemic biases that women are facing and how to overcome them
- Explore the power of networks of informal relationships and understand their characteristics and importance for career success
- Understand the strengths and weaknesses of your leadership style and get detailed feedback on how you might strengthen it
- Uncover good reasons why your efforts at personal change often fail and discover what you can do about it

Module 2

Resilience in Leadership

Build resilience by learning to deal with adverse events in life. Understand leadership roles in the global context of gender and diversity and become an agent of change.

- Learn about the difference between resilience, tolerance of stress, and endurance
- Identify what you tell yourself about the adverse events in your history
- Develop the capacity to question self-narratives to allow for growth in a space otherwise understood as a barren land of pain
- Develop resilience-promoting practice for yourself and your organization
- Reflect on global trends in gender and diversity and what leadership means in this context – from the gender pay gap to global careers
- See yourself as an agent of change in a leadership role: how to help other women inside and outside your organization to influence the now and the future, and achieve better business results



Module 3

Persuasion and Negotiation

Practice the art of persuasion and negotiation with specific focus on effective communication.

- Understand what drives people to cooperate
- Be more aware of your preferred operating style
- Expand your range of communication tactics when dealing with different stakeholders
- Gain greater confidence when handling conflict
- Learn how to prepare more thoroughly for the negotiation process
- Understand how to achieve realistic and mutually beneficial deals

Module 4

Strategic Self Development using Transactional Analysis

Understand yourself and what you offer to others. Get new ideas on how to communicate, balance work and personal life and be aware of resources at your disposal.

- Be aware of your communication style and the impact on other people, so as to open up new options in how to communicate
- Gain new insights into how to deal with work-life balance and the possible pitfalls
- Understand patterns in welcoming (positive and negative) validation of what you are inviting and offering to others
- Understand the difference between healthy and unhealthy stress and see how you might lose precious energy
- Be aware of the (healthy and unhealthy) resources you have in your life to sustain yourself when juggling all expectations
- Know how to implement ‘lessons learned’ in ‘everyday life’

Faculty



Mette Stuhr

Mette is Adjunct Professor of Organisational Behaviour at INSEAD, where she specializes in experiential leadership development and serves on the faculty and coaching staff. Mette draws on different methodologies to deliver leadership development courses, group consultation, and executive coaching.



Gerard Bannon

Gerard has lived in six countries and worked in more than fifty. He is founder and owner of the training company Bannon Training. Gerard specializes in communication, influencing and persuading in international environments and regularly facilitates seminars on these topics in international leadership programs.



Linda Hoeben

Linda is an experienced trainer who specializes in facilitating personal development in organizations. She is founder and owner of the training institute For People on the Move, Belgium, which focuses on the application of Transactional Analysis and Body Work in personal development. Linda has many years of experience in the field of leadership development.

Programme Director



Dr Kata Fredheim

Executive Vice President
Partnership and Strategy,
SSE Riga

Kata has vast international managerial experience and has worked with governments, funders, and other research institutions as head of the International Strategy Office at the University of Cambridge and developing the Judge Business School's accelerator programme, helping early-stage ventures succeed. Kata is a social anthropologist. Her research is on migration, gender, internationalization and higher education. She holds degrees from Utrecht (NL), Bristol (UK) and Canterbury (NZ).

Participation fee

4550 EUR+VAT

This includes all programme materials and catering. It does not include accommodation and travel costs, except for the travel and accommodation for the last module, to be held in a seaside resort.

Application process

If you are interested, please send us an e-mail to executive@sseriga.edu. We accept applications until April 23, 2021.

Potential applicants will be invited for interview before being accepted on the programme. The maximum number of programme participants is limited to 18.





SSE RIGA

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