

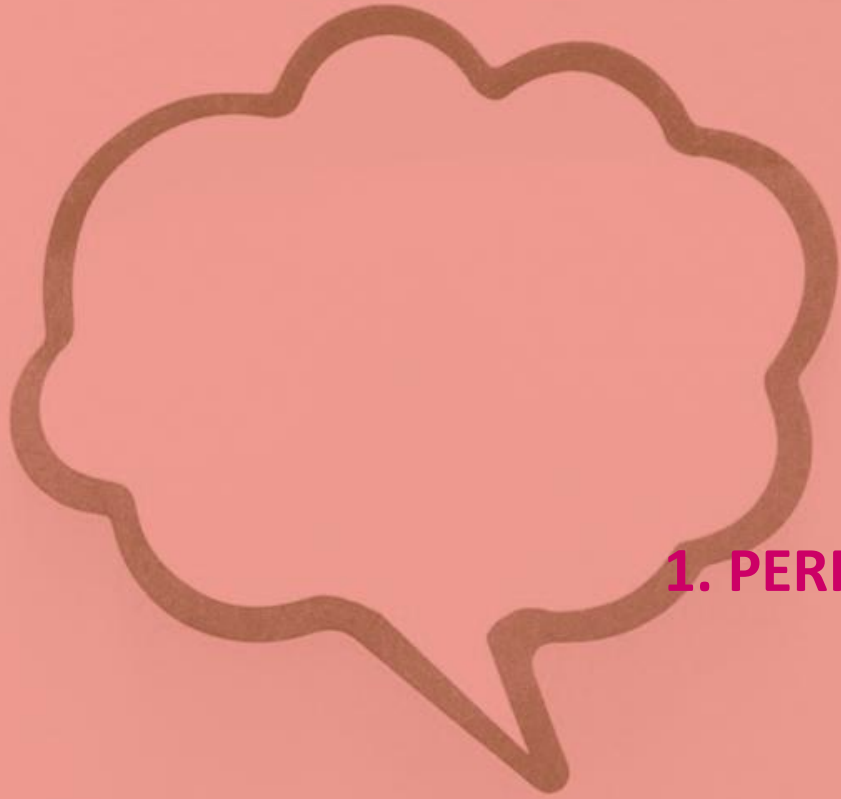
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# **Welcome** to the *Month of* **Female Leadership Communication** **Your Masterpiece Presentation**



“  
**CENTERING  
BREATHING  
CALMING  
DOWN**





# ANNOUNCEMENTS

**1. PERFORMANCE DAY JULY 15th AT BERLIN 1300 – WHO JOINS US?**  
**PLEASE WRITE YOUR NAME IN THE CHAT BOX**  
**PREPARATION IN JULY.**

**2. POST OF OUR INDIAN PARTICIPANTS – 86 LIKES & 6885**  
**IMPRESSIONS**

**3. WHERE ARE MY NEXT POSTS?😊**

# “**Masterpiece Presentations** **TODAY:**

## **1. Gaslighting**

Luz, Beatriz, Ria & Maria José

## **2. Working in a Feminine Environment**

Ludmila, Yurisha, Caro

## **3. Re-Do - Inspiring Leadership**

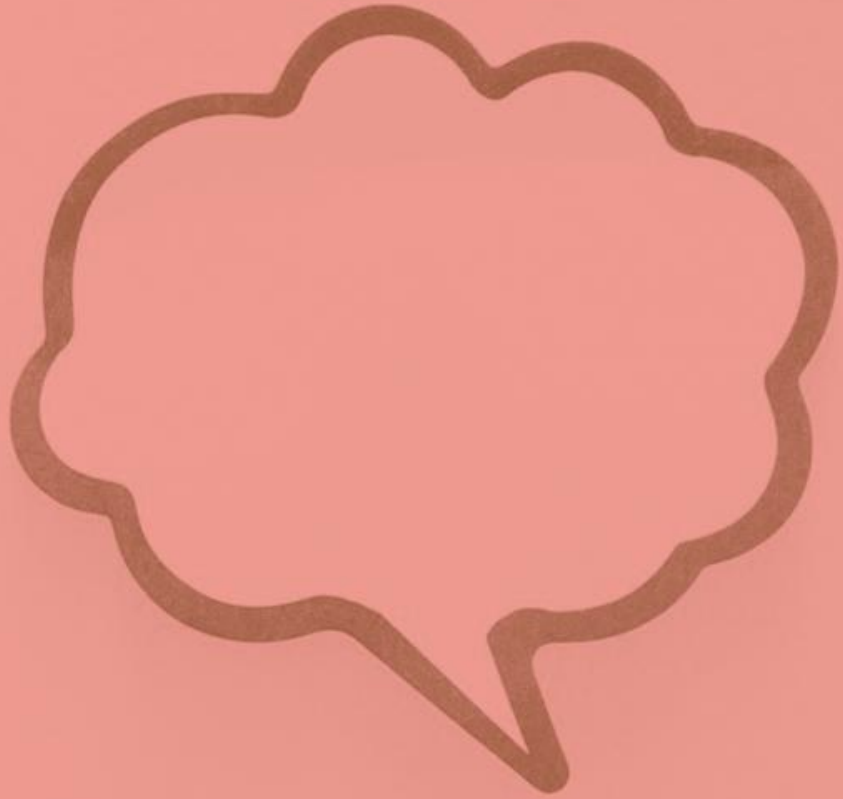
Rula, Karla



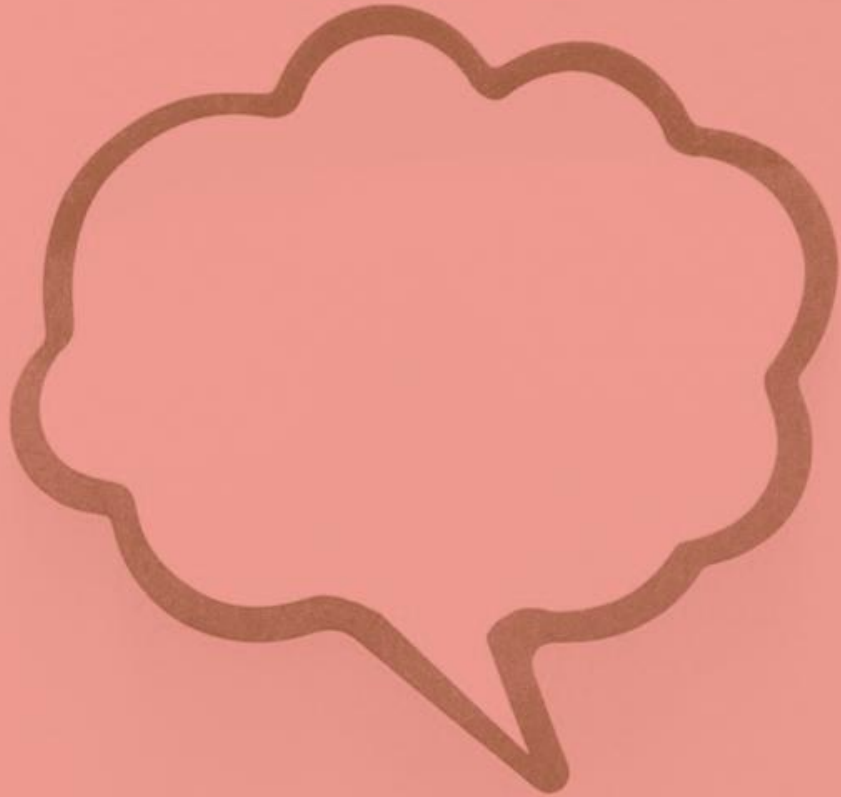
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**MUSIC BREAK**  
**CODA – BOTH SIDES**  
**EMILIA JONES**  
**DEDICATED TO ...**



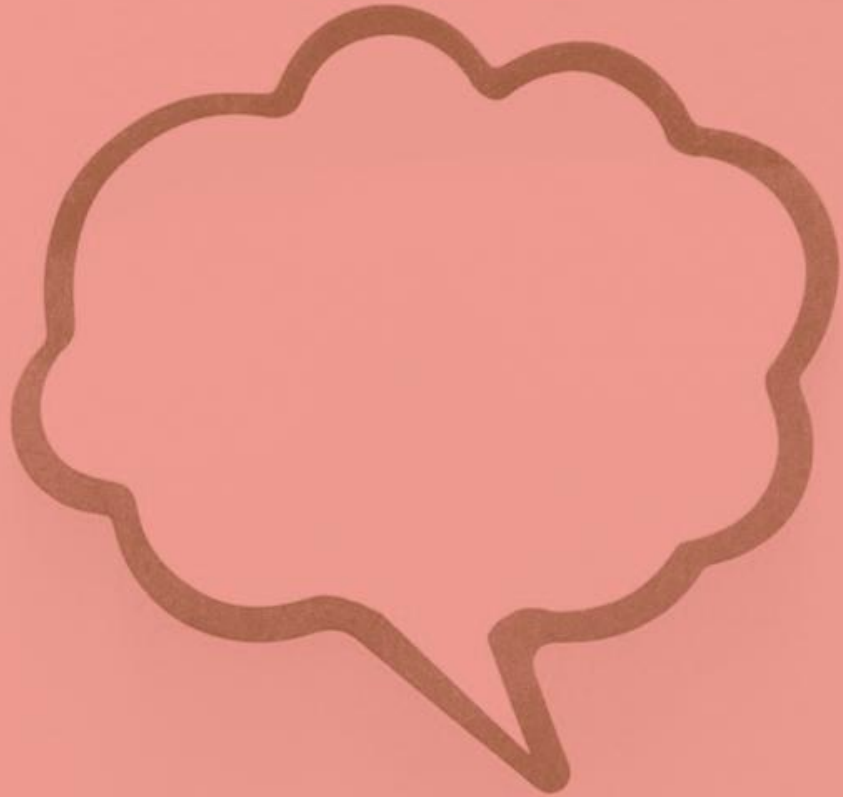


# INSPIRATIONAL PEER GROUP ASSIGNMENT



# PREPARE YOUR FACILITATED PEER GROUP

CHOOSE A TENDER, CHALLENGING TOPIC  
PAST OR FUTURE CONVERSATION  
REAL WORK EXPERIENCE  
FOR YOUR ROLEPLAY.



**A PHOTO**  
**WITH YOUR BOSS**  
**THE ONE WHO ENABLED YOU**  
**TO BE HERE**

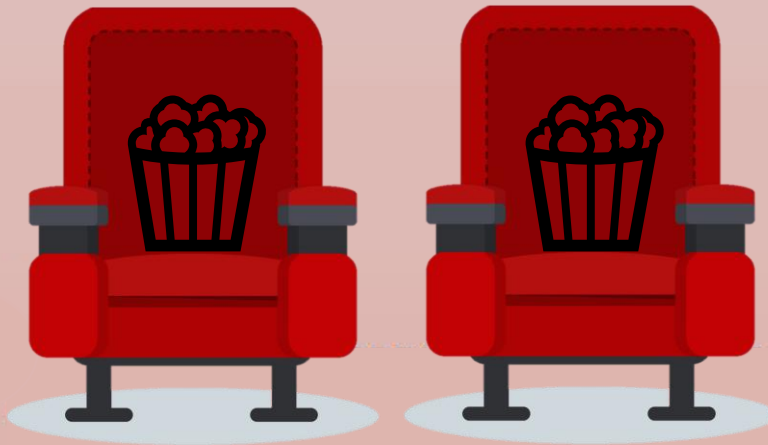
**PLEASE SEND YOUR PHOTO TO TARA & ME**  
**BY APRIL 24th!**

**BE CREATIVE – NOT BORING😊**

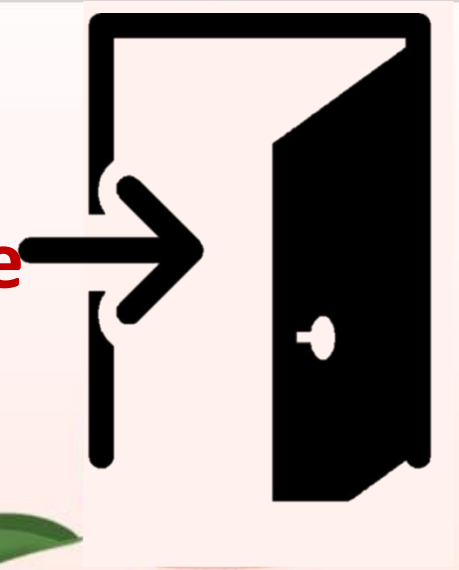


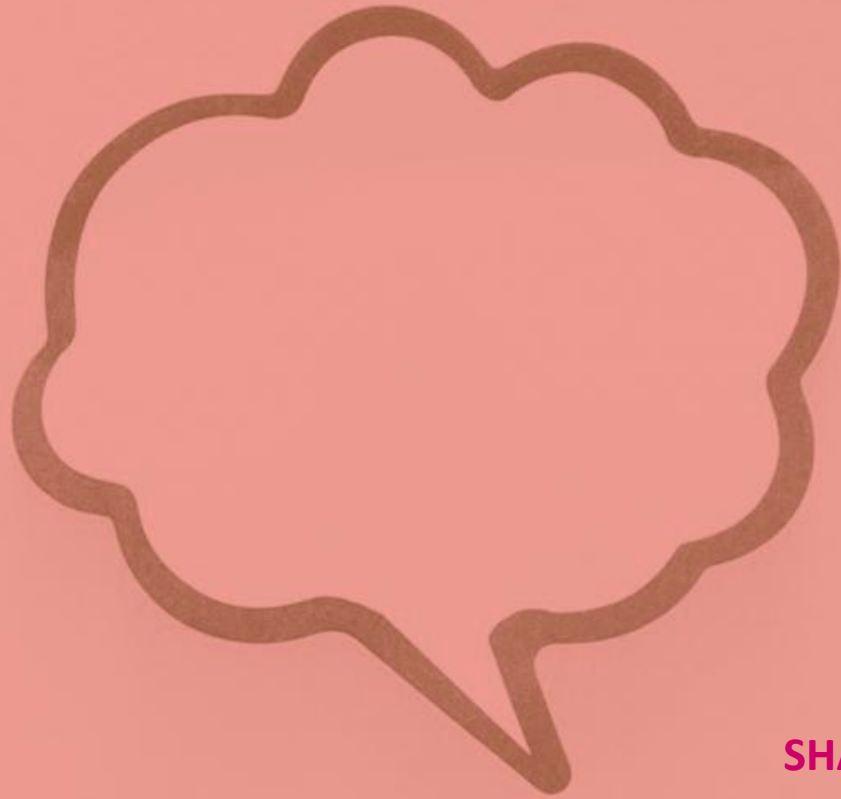
**FOR OUR  
CELEBRATION DAY  
INSPIRATION  
COHORT 2**

**SEND IN YOUR COMMUNITY VIDEO, MUSIC, ART, MASTERPIECE ...  
UNTIL MAY 2ND.**



**Don't  
escape –  
enjoy the  
process.**





# MULTIPLIERS CALL TO ACTION

PREPARE YOUR MULTIPLIERS FOR THE NEXT SESSION ON APRIL 24TH.

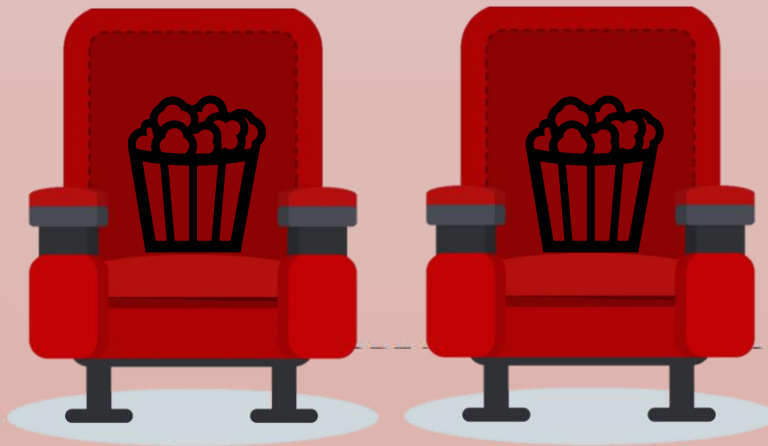
SHARE YOUR INSIGHTS ON INTERNAL FAMILY SYSTEMS THERAPY/ COACHING  
AS A TOOL FOR LEADERS.

USE THE POST ON IFS-BASED SUPERVISION FOR LEADERS.

MAKE SURE THAT EVERY MULTIPLIER IS INTRODUCED TO IFS BEFORE WE MEET.

WE WILL WELCOME OUR GUEST, AN EUROPEAN PARTNER OF THE IFS INSTITUTE.

SHE TRANSITIONED FROM WORKING AS A CORPORATE LAWYER  
TO BECOMING A LEADING VOICE IN IFS.





# Your personality transports your message

Keywords for your future performance & communication practice

# Make your performance & communication concise & relatable

Make it personal

Build a human connection

Share a personal story

Bring in concrete examples

Shift from complexity to simplicity

Do not hide behind PowerPoint Slides

Do not read out written notes

Your authentic personality transports your message

Choose a dress code & simple makeup that gives you a fresh look

Upgrade your webcam picture to underline your message

Lean out & step out of the business box (leave your comfort zone)

Be brave & practice vulnerability

Go deeper & do not stay on the surface

**Please note:** *Standing in “the ring” is not easy. You will be criticized. Be grateful and listen to the feedback of those who stood in “the ring.” They know the bravery it takes. Be selective with the input of those who never stood in “the ring.” Not every criticism is productive and helps your growth process.*

# ME-WE-IT



**REACH OUT TO YOUR  
COLLEAGUES (YUMIKO) &  
MULTIPLIERS**



**PRESENT YOUR MASTERPIECE TO YOUR MULTIPLIERS AND  
START TO HAVE AN OPEN DIALOGUE DURING LUNCH, AS  
PART OF A PIZZA NIGHT OR ON A FRIDAY AFTERNOON.**



**BREAK THE NORM**  
What got stuck



**BRING LIGHT TO THE NORM**  
What energizes



**GO BEYOND THE NORM**  
What inspires

