

## Rise Above Open Cohort 1 – Live Workshop Schedule

(All times UK)

Module	Theme	Date	Time
1	Foundations – Goal and Intention Setting	Wed 10 Sept	09:00–11:00
		Wed 17 Sept	18:00–20:00
2	Recognising Good Girl Conditioning	Wed 24 Sept	09:00–11:00
		Wed 1 Oct	18:00–20:00
3	Involving Others & Surrounding Yourself with Supportive People	Wed 8 Oct	09:00–11:00
		Wed 15 Oct	18:00–20:00
Integration Week	(No live session)	w/c 20 Oct	—
4	Self-Compassion and Emotional Regulation	Wed 29 Oct	09:00–11:00
		Wed 5 Nov	18:00–20:00
5	Empowering Your Voice	Wed 12 Nov	09:00–11:00
		Wed 19 Nov	18:00–20:00
6	Aligning with Authenticity and Accepting Imperfections	Wed 26 Nov	09:00–11:00
		Wed 3 Dec	18:00–20:00
WINTER BREAK	(No live sessions)	8 Dec – 5 Jan	—

7	Building Resistance to Criticism and Setbacks	Wed 7 Jan	18:00–20:00
		Wed 14 Jan	09:00–11:00
8	Owning Your Power	Wed 21 Jan	18:00–20:00
		Wed 28 Jan	09:00–11:00
9	Valuing Yourself	Wed 4 Feb	18:00–20:00
		Wed 11 Feb	09:00–11:00
Integration Week	(No live session)	w/c 16 Feb	—
10	Empowering Others	Wed 25 Feb	09:00–11:00
		Wed 4 Mar	18:00–20:00
11	Evolving and Continuing the Leadership Journey	Wed 11 Mar	09:00–11:00
		Wed 18 Mar	18:00–20:00
12	Celebration and Reflection	Wed 25 Mar	09:00–11:00
		Wed 1 Apr	18:00–20:00