

Course Information

First Three Session Dates (Wednesdays):*

February 20, 2019 March 13, 2019

April 24, 2019

**dates for the remainder of the year will be determined after the program begins.*

Meeting Times:

Noon—2pm

Location:

Integrity Integrated, Inc.
305 Second Avenue SE Suite 200
Cedar Rapids, IA 52401

Fees:

Option 1 \$1,150.00 for one year program

Option 2 \$1,450.00 for one year program
PLUS 4 one-hour one-on-one
coaching sessions with
Ginny Wilson-Peters

To Register

Mail or email us the following information to submit your registration.

Name: _____

Organization: _____

Title: _____

Address: _____

Phone: _____

Email: _____

Return with payment or purchase order to:

Integrity Integrated, Inc.

Women's Leadership Development

1019 Mound Street, Suite 203

Davenport, IA 52803

Or via email to

Webmaster @IntegrityIntegrated.com

We can take credit card payments & registrations over the phone!
Please call us at 563-359-1099

Questions? Contact:

Shari Baker

Director of Marketing & Communications

563-359-1099

SBaker@IntegrityIntegrated.com

Amy Kolner

Business Development Director

563-359-1099

AKolner@IntegrityIntegrated.com



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**2015 Small Business of the Year
Impact Award Winner**



Integrity Integrated, Inc.

1019 Mound Street, Ste. 203

Davenport, IA 52803

www.IntegrityIntegrated.com



Women's Leadership Development *Cedar Rapids* 2019



A program for women seeking to build stronger leadership skills, create positive change and grow in a safe, challenging environment.

www.IntegrityIntegrated.com

Integrity Integrated, Inc. *Women's Leadership Development*

Who should attend?

All levels of professional women with a desire to strengthen their leadership abilities.

Logistics

The group will meet once a month from Noon—2:00pm February 2019 through January 2020.

Meetings will be held at our office located in downtown Cedar Rapids.



Meet your coach: *Ginny Wilson-Peters*

As President and Owner of Integrity Integrated, Ginny shares her passion for leadership with others by coaching, teaching, and consulting with business leaders locally, regionally, and around the world.

Ginny currently facilitates several leadership groups for women in Quad Cities, Cedar Rapids, Iowa City, and Des Moines.

She is also a lecturer for the University of Iowa PMBA Program and has taught courses in organizational management and leadership for over 19 years.



Program Intention

To create a stimulating and invigorating environment for women to grow through personal reflection, exercises and group interactions.

The Women's Leadership Development program is so popular with participants that many of the groups continue meeting after the completion of the program.

Topics include:

- Personal reflection as a tool for developing self-awareness
- Enneagrams: an ancient tool for assessing personality types
- Understanding your purpose and creating a personal vision for the future
- Maintaining life balance
- "Real" conversations at work
- Personal responsibility

Participants benefit from:

- Enhanced self-awareness of personal strengths and developmental needs.
- Tools and philosophy for leading with authenticity and for making effective work/life balance choices.
- Skills for the art of giving and receiving constructive feedback.
- Strategies for using your power and influence more effectively.
- A network of women who will be supportive for years to come.
- Stretching outside of their established comfort zones to solve problems and inspire others to do the same
- Creating a defined path for reaching personal and professional goals
- Improving leadership skills allowing each participant to advance their careers and lead in their communities

Testimonials

"Ginny is a truly inspiring leader. She translates her own leadership journey and experience into each lesson and makes it actionable for everyone in the room. In our women's leadership course, she took the time to get to know each person individually--our goals, career experience and personalities--to ensure we got the most out of our time and investment in the class. Her approach is subtle, conversational and empowering in the sense that she doesn't spell it out for you. The lessons, tools, stories and exercises aren't a how-to or prescription on successful leadership. Integrity Integrated courses are experiences that provide a safe space for you to discover, dream, discuss and become a better version of yourself."

Megan Bys
Converge Consulting



"This class was an amazing journey of self-discovery and awareness. As a result of this class, I am more confident in my strengths and have a clearer vision of my goals and dreams. Ginny inspired me to find what motivates and encourages me and how I can use my gifts to better serve as a leader in my workplace and community."

Abby Boogards
On With Life

Professional coaching brings many benefits: fresh perspectives on personal challenges, enhanced decision-making skills, greater interpersonal effectiveness, and increased confidence.