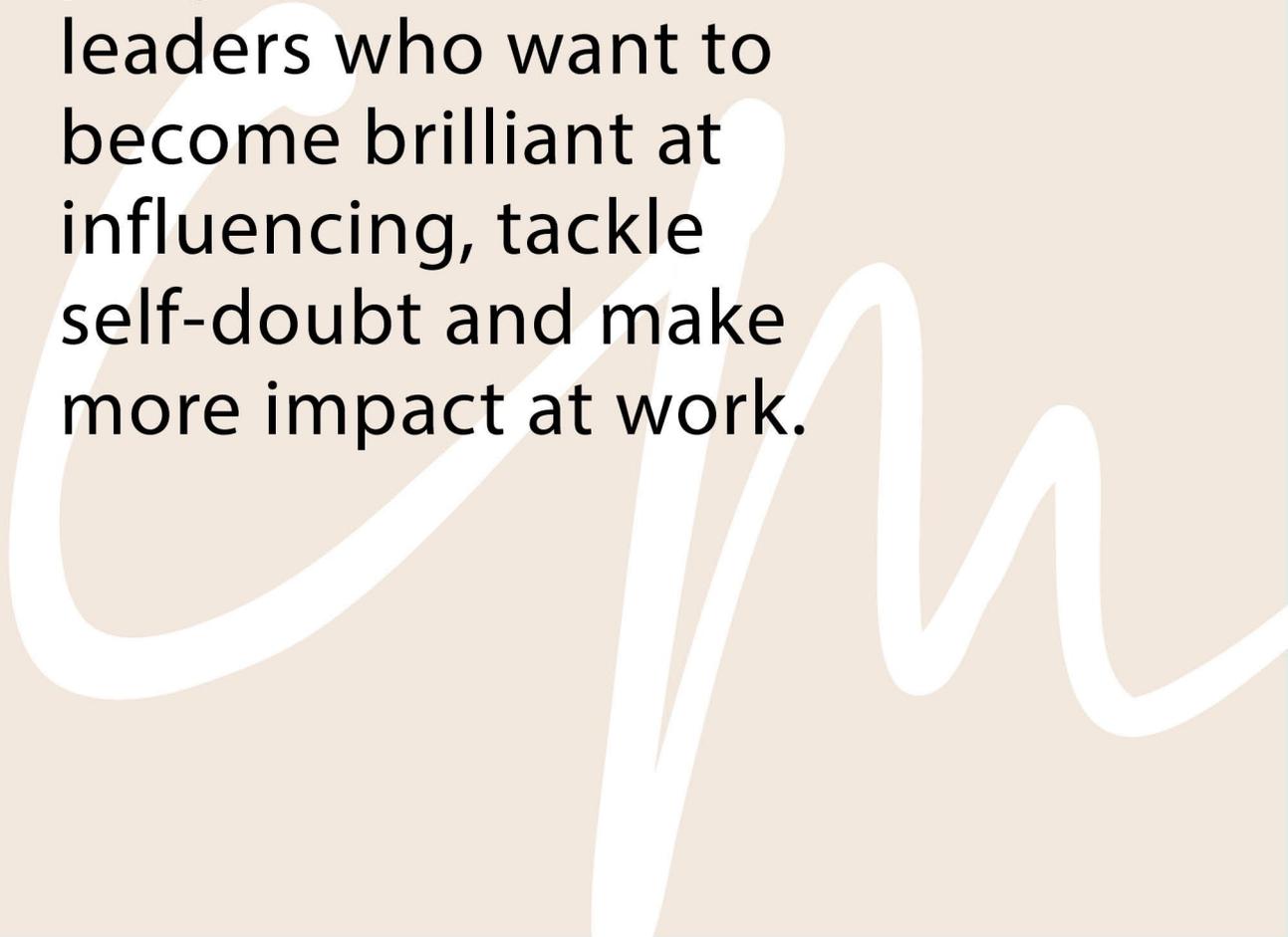


# INFLUENCE & IMPACT

Group coaching  
programme

A 12 month group training and coaching programme for female leaders who want to become brilliant at influencing, tackle self-doubt and make more impact at work.



# Framework

## Introducing the Influence & Impact Framework

The training programme is based on a 3 part framework, developed over the 10 years Carla has spent coaching leaders.

1

### STRENGTHEN YOUR INNER LEADER

- Overcome imposter syndrome and self-doubt
- Kick your worry habit
- Increase your self-awareness and emotional intelligence
- Learn to manage your reactions and respond rather than react
- Build your resilience
- Think like a leader – the mindset shifts to take your performance to the next level

2

### INCREASE YOUR IMPACT

- Develop your personal impact through presence including using your body language and voice
- Techniques for having more authority and gravitas in challenging situations
- Powerful communication tools such as a model for delivering feedback to senior stakeholders
- Communicating to senior stakeholders with confidence and credibility
- Uncovering your own authentic and powerful leadership brand

3

### INFLUENCE FOR SUCCESS

- Tools and techniques to influence peers, and senior stakeholders in a way that feels natural
- Speaking the language of senior stakeholders and understanding their perspective
- Handling objections and negotiating
- Creating a true partnership with your line manager
- Influencing without authority



# What's included...

## When you join, you'll get...



9 Influence & Impact online training modules you can do at your own pace.



**PLUS**  
12 months of support and group coaching to help you implement it including...



Monthly group coaching calls & coaching clinics



Peer mastermind calls



Private Facebook community to build your network



## Plus bonuses...



Leadership Skills Lab online leadership development programme



Define Your Personal Leadership Brand mini course



Leading Remotely 90 minute masterclass



**Vicky Harman**  
Florence Nightingale  
Hospice Charity

“I would absolutely encourage everybody to sign up and join the Influence and Impact course. I have found it has given me a really good opportunity to assess my behaviours and how they come across to my team, colleagues and senior managers which has helped a lot.

I have also realised how important it is to set aside time for myself, even just taking an hour and a half during my working week to partake in a call teaches me new skills and behaviours and resets my mood.

I have really enjoyed being part of a female only group, you feel safe and secure and it has been awesome to bounce ideas off each other, you feel really supported each other and by Carla.

The material covered in the course is brilliant, Carla is really good at explaining techniques. I have learnt a huge amount and have really relied on a lot of my learnings in the last few weeks of uncertainty.”



**Katie Coaker**  
Senior Project  
Manager

”Being part of a group of amazing independent talented women, leading across a wide range of different fields has been inspiring. It has provided a unique perspective on the course content for me. My key focus has been tackling perfectionism, and hot seat coaching in group sessions with Carla really moved my thinking and practice along.

I feel I am now definitely on the path to success! I really appreciate this experience and I would definitely recommend this course and working with Carla. Carla is extremely supportive, whilst being direct and getting to the point, a powerful combination!”



**Gemma**

“Influence and Impact has really helped me connect with the leader I had in myself all along. I found it incredibly helpful to be able to learn not only from Carla, but also draw on the experience of the others in the group, as I step into my own leadership journey.

What did I find most valuable on the course? I think being able to witness that everyone has their own strengths and challenges, and that that’s completely normal! It was great to step outside of the context of my own workplace to be able to see things from different perspectives, and then try them out in my own time with regular support from the group.

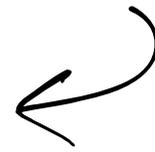
I’m leaving the course in the knowledge that good leadership is a lifelong learning journey, but now I have much more confidence in my own ability, as I have many more tools in my box, and know that I have it within myself to keep learning. Right, off to practice my power poses...”

# About Carla



Carla Miller is a leadership coach who helps women become brilliant at influencing and make more impact at work. She has held leadership roles at a number of national charities and in the commercial sector and has raised over £20 million for good causes. Carla chairs sector panels on leadership, is the author of a book on leadership and the host of a podcast on leadership. She is passionate about supporting women to step into leadership roles with confidence.

## Your investment



The total value of the programme is £4,000 but your investment for Influence & Impact is just £1,497 + VAT (or £1,197 + VAT if you work for a charity)



next steps...

Click [here](#) to join online  
or email [carla@carlamiller.co.uk](mailto:carla@carlamiller.co.uk)  
for an invoice >