

# Inuous Immersions

for Women Leaders

2023

Today's problems cannot be solved by yesterday's leadership.

Join us for a radically different approach and develop the tools for women leaders to thrive in these times...

Inuous Immersions for women are programs designed to support you to be a leader who can re-imagine your way of working, to drive real transformation for your organisation from within. We start by understanding you - your organisation, your challenges and your lived experiences - and then apply techniques and modalities from adult development, neuroscience, and behavioural psychology to create lasting and meaningful breakthroughs. These breakthroughs have impact. We will celebrate you individually, and us, together as a community of conscious female leaders in changing times.

## What are Immersions?

- ✓ 2 day personalised leadership program, virtual or in-person
- ✓ Agenda based on you and the real problems you are facing in your leadership role
- ✓ Alongside likeminded female senior leaders

## Who is it for?

- ✓ Leaders who are under pressure to both perform and transform
- ✓ Leaders who are tasked with navigating increasingly complex organisational challenges and working environments
- ✓ Leaders who are tired of fire-fighting and poor communication

## What do I get?

- ✓ A bespoke development roadmap tailored to you
- ✓ Time to release energy and to focus on what truly matters
- ✓ Safe space to *really* understand what it takes to be a female leader

## How much is it?

- ▶ **£1,800** per person (in-person)  
Price inclusive of VAT.

# Frequently Asked Questions

## ▶ How do I sign up?

Contact Sarah on [retreats@inuous.com](mailto:retreats@inuous.com)

## ▶ What's included in the cost?

Pre event connection webinar, 30 min 1-2-1 with your facilitator, your 2 day Immersive retreat experience held by 2 highly qualified leadership development facilitators, plus refreshments, snacks, one breakfast & two lunches, one nights accommodation in Brighton, and a post event group landing call.

## ▶ Can anyone join?

Yes! If you are a person, you are a leader of your own life. Our experiences cater to all people regardless of industry, seniority, religion - anything. Our groups therefore offer a diverse perspective and opportunity to come together as women leaders across industries and geographies.

## ▶ Can these be booked and paid for by my company?

Absolutely. We often have clients work with us to create a 2-3-day experience, bespoke to their needs, that are then attended by groups from within the business. Additionally, individuals have found support from their business to cover the costs of the program for themselves. We can also run weekend sessions to avoid missing office hours.

## ▶ Is there a lot of pre-work?

Thankfully no. We do have one activity that is recommended which involves reaching out to some of your friends and co-workers to understand how they perceive you as an individual, and we will discuss this with you closer to the event.

## ▶ What happens after the Immersion?

In addition to the post Immersion landing call which is included in the cost, we offer 1-2-1 coaching and group electives if you want to take your journey further after the event.

Reach out to learn more!

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[inuous.com/immersions](https://inuous.com/immersions)



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