

THE INNER ARCHITECTURE OF LEADERSHIP

For female leaders

*An invitation to step into leadership with clarity,
composure, and discernment.*







**Minds in
Session**

THE INNER ARCHITECTURE OF LEADERSHIP

A psychologically informed coaching and development programme for women who lead within foundations, institutions, and global systems of change. Our work is about inner clarity, which can sustain decisions, shape culture, and protect legacy.

DRAWING ON PSYCHOLOGY, MOTIVATION AND SELF-AWARENESS INSIGHTS AND EXECUTIVE COACHING, **THIS PROGRAMME EXPLORES THE INTERNAL FRAMEWORKS THAT SHAPE HOW WE LEAD:**

-  **Containment** *How we hold pressure, emotion, and responsibility*
-  **Discernment** *How we make decisions when the path is not clear*
-  **Presence** *How we occupy space without performance*
-  **Voice** *How we speak with authority, care, and truth*

OUR APPROACH

PARTICIPANTS ARE INVITED INTO A SPACE THAT IS:

- > **Structured**
- > **Private**
- > **High-Trust**

AND THEY ARE FREE FROM:




- > **Competition**
- > **Status**
- > **Performance**

THE PLACE IS TO:

**THINK OUT LOUD,
TO BE MET AT DEPTH AND
TO LEAD FROM THE INSIDE OUT.**

OUR FORMATS

WE OFFER FORMATS ACCORDING TO YOUR NEEDS:

-  A 3-6 month cohort for senior women in leadership or philanthropy
-  A tailored in-house version for executive teams and foundations
-  A reflective leadership retreat with facilitated coaching arcs



**MINDS IN SESSION WORK SPECIFICALLY
TO BRING ABOUT INNER CLARITY,
THAT SUSTAINS DECISIONS,
SHAPES CULTURE,
AND PROTECTS YOUR LEGACY.**



**Minds in
Session**

+44 020 3375 6687
info@mindsinsession.com



Minds in Session Ltd is registered in England and Wales. Care Quality Commission registered.

All clinicians are HCPC-registered and operate under professional codes of conduct.