



QUEEN'S  
UNIVERSITY  
BELFAST

WILLIAM J. CLINTON  
LEADERSHIP INSTITUTE  
AT RIDDEL HALL

# GRIT AND GRACE PROGRAMME

Become The Leader You Want to Be



# Grit and Grace Programme



What does it take to be the first female anything? The answer, according to Meryl Streep, is a combination of “Grit and Grace”. She was referring to Democratic nominee Hillary Clinton, but the answer seems applicable to leadership regardless of what industry or sector you are working in.

This programme will help you feel more confident as a leader because it is built on the belief that everyone can learn to be a better leader.

This highly engaging, supportive and participative programme has been purposefully designed to upskill women with the knowledge and behaviours necessary to confidently and successfully develop their voice as female leaders.

The Grit & Grace programme explores the concept of leadership, through the lens of: “Grit” (described by the author Angela Duckworth as the ability to: “fall 7 times... pick yourself up 8”); and “Grace” (described by psychologist Dr Miller Burke as: “the ability to mitigate discomfort and to project calmness and clarity even if you don’t feel it. It’s something I term ‘leading with grace’”).

Over the duration of their programme, participants will spend time unravelling “Who am I?”, as well as considering how their personal values, beliefs and behaviours impact their leadership identity and perception. As a result of their participation on the programme, each delegate will gain an insight into:

- Understanding their own and others’ personality and behavioural preferences (through psychometric profiling).
- Developing self-confidence and personal resilience.
- Influencing and engaging others.
- Leading self and others through change.
- Reflecting on their personal leadership journey.

Designed and delivered by the William J. Clinton Leadership Institute in conjunction with Women in Business, this highly participative and engaging programme is delivered over 3 days in the beautiful Riddel Hall.

## Programme Content:

### Day 1: (full-day)

- Welcome introductory exercise.
- Understanding your values and strengths.
- Exploring Personality Preferences through psychometric profiling.
- Assigning a Peer Discussion topic and Self-Selecting Groups.
- Reflection.

### Peer Learning Group 1

- Groups meet to discuss the topic from Day 1 and share reflections and experiences.

### Day 2: (half-day am)

- Leadership; What Leaders do, how to add value and inspire others.
- Influencing others.
- Authentic Leadership
- Guest Speaker to share her Leadership Journey.
- Personal Action Planning.

### Peer Learning Group 2

- Groups meet to discuss Day 2 topic and share reflections and experiences.

### Day 3: (half-day pm)

- Consolidating the learning to date.
- Developing your personal leadership style and impact.
- Feedback and Action Planning session to enable you to achieve success in your personal and professional life.
- This final workshop will be followed by a WIB dinner and Networking Event, proudly sponsored by Ulster Bank and held at their Corporate Headquarters in Belfast.



#### Programme Costs:

£650 – Women in Business members  
£750 – Non-members  
(VAT – not applicable)

### How to get more information

Visit our website for the latest availability, dates and fees:  
[www.leadershipinstitute.co.uk](http://www.leadershipinstitute.co.uk) or contact us on 028 9097 4394  
or e-mail: [leadershipinstitute@qub.ac.uk](mailto:leadershipinstitute@qub.ac.uk)