

A FULL-DAY RETREAT FOR WOMEN WHO LEAD

ALIGNED

Know Yourself | Present With Style | Speak With Influence

Leadership has a style. It begins with how you see yourself, is strengthened by how you communicate and is expressed through how you present yourself. This immersive retreat brings together three complementary disciplines to help women lead with greater confidence, influence and authenticity.



SYDNEY CBD



DATE TBC



9.00AM-4.30PM

THE EXPERIENCE

- A full-day immersive retreat in a premium Sydney CBD setting
- Three expert-led sessions across leadership, communication and professional style
- A small, interactive group format
- Practical activities, discussion and personal reflection
- A curated fashion styling workshop
- Lunch and refreshments
- Opportunities to connect with other women in leadership
- Take-home tools and practical strategies
- Small group of 20 attendees

YOUR FACILITATORS



Sanna Rissanen

My Human Self
Leadership & Organisational
Development

KNOW YOURSELF



Caitlin Stewart

Caitlin Stewart Styling
Corporate Image
Consultant & Stylist

PRESENT WITH STYLE



Guest Facilitator

To Be Announced
Communication &
Voice Coach

SPEAK WITH INFLUENCE

A DAY TO INVEST IN YOURSELF, YOUR PRESENCE, AND YOUR LEADERSHIP IMPACT

ALIGNED

KNOW YOURSELF

Facilitated by Sanna Rissanen / My Human Self

Leadership and Organisational Development

The most compelling leadership research tells us something that might be surprising: the challenges that keep senior leaders and CEO's up at night are not strategic or technical. They are human. They're about transforming self and building self-awareness, relating to others authentically, being vulnerable and resilient and showing curiosity and adaptability. These issues define leadership effectiveness. The session discusses what the evidence tells us about great leadership, what organisations are crying out for, and why the most successful leaders share a commitment to understanding themselves as much as they understand business.

You'll examine your own leadership through a world-class leadership model and self-assessment – where your strengths are, what beliefs may be quietly shaping your behaviour in ways that don't serve you or the people around you, and discuss practical approaches to incite change.

We close the session by anchoring everything to values: knowing what you stand for and having the clarity and courage to lead from deeper awareness, leading to more authentic, sustainable leadership.

PRESENT WITH STYLE

Facilitated by Caitlin Stewart / Caitlin Stewart Styling

Corporate Image Consultant & Stylist

Leadership presence isn't just shaped by what we know or how we communicate. Long before we speak, people are already forming impressions based on visual cues that influence credibility, confidence and trust.

This interactive session explores the role of professional image through a modern, strategic lens, demonstrating how appearance can become a powerful extension of your leadership style and personal brand. Far beyond fashion, participants will learn how intentional visual presentation supports confidence, strengthens communication, reinforces credibility. This creates alignment between who they are and how they are perceived.

Blending executive presence and practical styling strategies, this upbeat and interactive styling workshop is designed to feel empowering rather than prescriptive. Participants will leave with practical tools to build a professional image that reflects both their authentic personality and leadership aspirations.

SPEAK WITH INFLUENCE

Communication & Voice Coach

To Be Announced

In this session, a specialist communication and voice coach will help you unlock the most powerful professional tool you have: your voice. Moving beyond what you say to how you say it, you'll explore the elements that command attention and convey genuine authority without pretending to be someone you're not.

Designed specifically for professional women who are often expected to be both assertive and approachable, authoritative and collaborative, this session explores the subtle vocal and communication habits that either reinforce or undermine your leadership credibility. You'll discover how to move people and make your ideas land.

THE DAY AT A GLANCE

9:00 AM	Welcome & Introduction
09:30 AM	Know Yourself
11:00 AM	Morning Tea
11:30 PM	Present With Style
1:00 PM	Lunch
2:30 PM	Speak With Influence
4:00 PM	Reflections And Farewell
4:30 PM	Close

Step into alignment with who you are – and lead with presence, purpose and impact.

Spaces are limited – register your interest HERE