



BEing HEARD



It's more than a Leadership Program ...
it's a way of BEing!

Stand up, stand out and make a
difference in your unique way.

happiness
hive

Are you a woman who wants to

use her voice to be heard and valued, not only in the workplace but in all areas of your life? Are you an accomplished leader ready to take it to the next level?

Leadership with a difference

Other leadership programs teach you to delegate, create culture, and manage performance. BEing HEARD is about reclaiming your innate skills to lead with passion, purpose and authenticity. This is the opposite of conforming to cookie cutter management strategies—it's about throwing out the rule book and doing success your way.

Sound like a plan?

The first step is about being true to YOU! Helping you gain a deep understanding of who you are—as a leader and as a woman living in times of rapid change.

You will discover who you are

at your core – your values and beliefs, your raison d'être or Ikigai as the French and Japanese refer to it – your reason for being. Your 'YOU'.

Are you ready ...

to gain a fresh perspective and new sense of direction to lead and live with intention and purpose?

It won't be the right time for everyone. You have to be ready.

WHO IS THE PROGRAM FOR?

The BEing HEARD Leadership Program is for female leaders and executives, business owners and entrepreneurs who want to stand up, stand out and make a difference in their unique way.

THE NEXT 3-MONTH
PROGRAM COMMENCES
10 OCTOBER 2022

\$ 4,950.00 (+GST)

Payment Plans Available*

EARLY BIRD

DISCOUNT

\$ 4,650.00 (+GST)

when you pay by
1 October 2022

"I'm looking forward
to being part of
your personal
transformation
team"

To reserve your place or to find
out more information contact
hello@happiness-hive.com or
www.happiness-hive.com

Catherine

BEing HEARD is a good fit for you if:

-  You're successful, achieving great things and feel you're capable of more but are not sure what that is or how to make it happen.
-  You feel invisible and would prefer to communicate with more influence and confidence
-  You've lost your spark and want to reconnect with who you are to find your life and leadership purpose
-  You're feeling unsettled and drifting without direction—days flow into nights with nothing much achieved
-  You feel you have to conform to being someone you're not
-  You experience 'Imposter Syndrome'—self-doubt and concern about what people think
-  You feel like something is holding you back and you'd like to identify and unblock the pattern to pursue your passion
-  You're ready to connect with like-minded women who are transitioning into their next life phase—a community you can lean into to level-up.

If your gut instinct is telling you yes ...

Welcome to the Happiness Hive. I look forward to connecting and having you join me on what will be a truly transformational journey.

What the program will deliver

You will step into your magnificence and show up as your authentic self so that you only communicate with influence and conviction.

You will learn how to:

1. Embrace who you are so you can lead with passion and purpose
2. Create a positive mindset to carry you through any situation you're faced with
3. Communicate with influence, confidence and conviction
4. Dismantle the scaffolding of limiting beliefs and replace them with empowering and successful ones to reclaim your magnificence.
5. Implement a curated plan for your leadership and life success.

The **BEing HEARD** program is delivered in short manageable sessions over a three month period. The specific components of the program include:



An introduction to inspirational women who have already walked the path you are currently on.

They will share their experiences and keys to success, giving you the opportunity to connect with them and seek their advice.

Two learning circles where you will join other participants to share your journey.

This is an opportunity to dive deeper into your personal transformation with the real power being through connection with others – women supporting women is a magnificent thing!

Three personally curated mentoring sessions to help fast track your results.

I am an action-based Queen Bee who is focused on your success. Together we will create a roadmap and action plan to support your transformational journey.

Four group masterclasses to introduce the Five Pillars of Success providing a solid foundation to your learning and subsequent transformation.

Each pillar has a series of principles and skills for you to practice and apply throughout the program.

It's time to celebrate your success and everything you've achieved over the last 3 months.

This is a powerful way to conclude the program by celebrating your wins and recognising the progress you've made.



Program Dates

1. Individual Mentoring 10, 11 or 12 October	2. Masterclass 20 October	3. Learning Circle 27 October	4. Masterclass 3 November	5. Masterclass 10 November	6. Individual Mentoring 17/18 November
7. Masterclass 24 November	8. Learning Circle 1 December	9. Guest Speakers 8 December	10. Program Reflections & Celebrations 15 December	11. Personal Reflections December-January	12. Individual Mentoring 19 January

1. Back to basics—Programming yourself for success

Explore the principles of success in detail and how to apply them to your life. You'll discover how to create space for new beginnings by shifting your current energy and attitude towards life and activating a positive mindset. You'll reflect on your current daily framework to see what's working and what can be improved. I promise you that recoding your thoughts will rock your world.

2. Explore who you are and be true to YOU!

Helping you gain a deep understanding of who you are—as a leader and as a woman living in times of rapid change. You will discover who you are at your core: your values and beliefs, your *raison d'être* or *Ikigai* as the French and Japanese refer to it, your reason for being. Your 'YOU'. You'll dismantle the scaffolding of limiting beliefs and self-doubt and reconnect with your inner Queen Bee, giving you a fresh perspective and sense of direction to lead and live with purpose.

3. Honour the past and who you used to be:

We all have a story of who we were and where we've come from. Our goal in the BEing HEaRd Program is not to discard who you used to be, but pay homage to that person as she has led you to the person you are today. You have lessons to learn from her that will help you move forward and become the person you're destined to be.

4. Embrace who you are becoming

In this stage of the program many changes start to take place as you're reconnecting with your passion and purpose and being authentic and true to YOU!

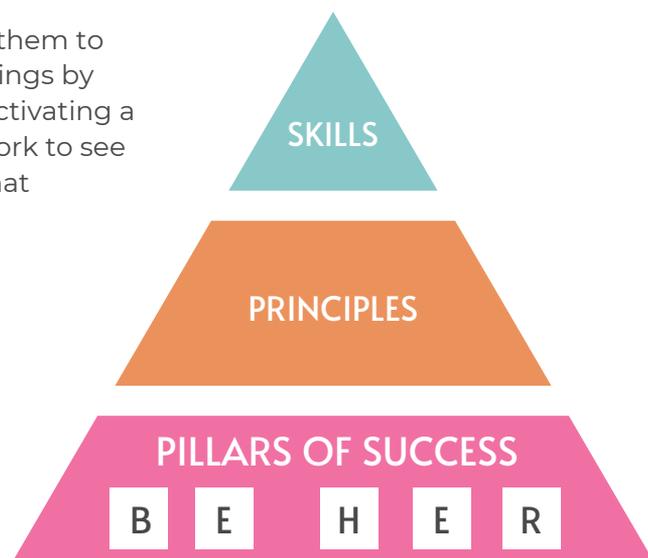
You will unlock your full potential and step into your magnificence, being the person you know you can be. This is your chance to be the change you want to be—to embrace the fearless and extraordinary woman you are becoming.

5. Reclaim your magnificence

It's not about creating your magnificence, it's about reclaiming it.

Glinda the Good Witch in *The Wizard of Oz* profoundly told Dorothy, "You've always had the power my dear, you just had to learn it for yourself". So is true for you too. You have the magnificence within you, or as I like to call it, your inner Queen Bee!

I created the BEing HEaRd Program to help women just like you reclaim who you are. You have the gifts within you. My job is to help you see them for yourself. I have curated this program to be an experience. It's more than a Leadership Program; it's a way of being ...



BEing HEaRd
BEing brave
BEing confident
BEing kind
BEing authentic
BEing extraordinary
BEing magnificent
BEing anything and anyone you choose to be
BEing YOU!



Session 1

10, 11 or 12
October 2022

Individual Mentoring

Book in for your first 60-minute individual mentoring session to kick off the program.

Session 2

20 October 2022
9.00am - 12.00pm

Group Masterclass

Meet your fellow participants and start your learning journey.

Session 3

27 October 2022
12.00pm - 2.00pm

Learning Circle

Join other participants to share your journey and progress updates.

Session 4

3 November 2022
9.00am - 12.00pm

Group Masterclass

Continue to explore the 5 Pillars of Success in detail.

Session 5

10 November 2022
9.00am - 12.00pm

Group Masterclass

Take your learning to a deeper level with new concepts introduced.

Session 6

17 or 18
November 2022

Individual Mentoring

Book in for your second mentoring session to fast track your results and address specific goals.

Session 7

24 November 2022
9am - 12pm

Group Masterclass

Continue exploring the Pillars of Success leading to your transformation.

Session 8

31 December 2022
12.00pm - 2.00pm

Learning Circle

Connect with other participants for sharing and accountability.

Session 9

8 December 2022
9.00am - 12.00pm

Guest Speaker Forum

Connect with inspirational women who have walked the path you are currently on

Session 10

15 December 2022
11.30am - 2.30pm

Program Reflections

Celebrate your success and everything you've achieved throughout the program.

Session 11

December - January

Personal Reflections

Apply what you've learnt throughout the program and reflect on your performance.

Session 12

19 January 2023

Individual Mentoring
Book in for your final mentoring session to create your action plan for lifelong success

Stand up, stand out and make a difference in your unique way.

BEing HEARD

Your questions answered ...

Will the program be held in person or online?

Due to the intimate nature of the program, all sessions will be held in person in Canberra. There will be an option for virtual participation for those who can't make it in person.

Do I have to attend all the sessions?

As this program is focused on helping you to transform and make lifelong changes, I highly recommend you attend all sessions – you are investing in yourself and your future.

Masterclass sessions build on from each other, whilst the Learning Circles and Guest Speaker Forum are standalone sessions.

I would encourage you to add all the session times to your calendar so you can block the time out in advance.

Will there be catch-up sessions if I miss one?

Again, due to the intimate nature of the program, there are no catch-up sessions built into the program. If you miss a session you can check in with your fellow participants and I'm always free to fill you on what was covered.

How many people will be attending the program?

I have designed this program to provide you with a VIP experience where you can dive deep into your learning and subsequent transformation.

Places on the program are limited to six participants per intake. This small group means you'll receive individual attention and have direct access to me. It also allows you to connect with other participants to enrich your learning experience.

Can I pay in instalments?

Yes, you definitely can. *Payment plans are available, however this option is slightly more expensive than paying in full. You will pay three instalments of \$1,700.00 (+GST) - total \$5,250.00 (+GST) instead of the pay-in-full price of \$4,950.00 (+GST).

If you are taking advantage of the early-bird offer your instalments will be \$1,650.00 (+GST) - total \$4,950.00 (+GST) instead of the pay-in-full early-bird price of \$4,650.00 (+GST).

The first instalment will be deducted at time of registration and will secure your place on the program. The remaining payments will be deducted at monthly intervals throughout the program.



What is the refund policy?

I recognise that circumstances can change. I am more than happy to provide a full refund if you provide me with adequate notice so I can fill your place on the program. You can always find a replacement or send a substitute in your place.

- 10 days' notice – full refund
- 7 days' notice – 50% refund
- Less than 7 days – no refund, sorry 😊

What do we focus on in the individual mentoring sessions?

This is an opportunity for you to dive deep into your learning and fast track your results. I will spend time at each of your three mentoring sessions focusing on just you. Through these personally curated sessions, I'll help you deal with any issues getting in the way of your success and together we will develop a roadmap and action plan to support you on your transformational journey.

Can I book my individual mentoring session for a different date to what's included in the program?

I have scheduled your individual mentoring sessions at key points throughout the program to help fast track your results. I would suggest you book in for your appointments early in the program so you get your preferred time slots.

Unfortunately I won't be able to book your coaching for days not indicated on the program as I have other commitments and programs I am conducting alongside this program. If your booked appointment time no longer suits, you are welcome to chat with your fellow participants to swap times.

What additional work do I need to do on the program?

In addition to the program sessions, it really depends on how much extra effort you want to put in. I always say, you'll get out of the program what you're prepared to put into it.

There will be tasks for you to focus on after each Masterclass. Many of these are reflection and personal-discovery activities. It's a little bit like asking 'how long's a piece of string?' ... it depends where you cut it. Some people will spend a substantial amount of time exploring the tasks, while others will take a more cursory approach. There is no right or wrong – it depends on where you're at on your journey and what you are prepared to invest into it.

As a general approach, I would anticipate you could spend at least a 1-2 hours each week in addition to our scheduled sessions.

BE *ing* HEARD

Your questions
answered ...

Are there any assignments or assessments I have to complete?

There are no set assignments or assessments to complete by the end of the program, other than the tasks and activities you are given during each Masterclass. It is entirely up to when you complete these activities. Some will lend themselves to be completed during the program, whilst others are longer term and will become part of your lifelong success habits.



I really want to attend the program, but now isn't the right time; will you be running other programs?

Definitely! The program schedule is on the website. Doors for each program open when the previous program has commenced. You can email me at catherine@happiness-hive.com to go on the waiting list and I can let you know in advance so you don't miss out.

I still have questions about the program, how can I get in contact with you?

Please contact me at catherine@happiness-hive.com to arrange a time where we can chat about the program, or book in for a time on my website - www.happiness-hive.com.

I hope your questions have been answered and you're ready to join us on the next **BEing HEaRd** Leadership Program ... where you'll embrace who you are so you can stand up, stand out and make a difference in your unique way!

Catherine