



Inspiring Tomorrow's Female Leaders

“ There are more CEOs named David at FTSE 100 Companies than women



SistersIN

While opportunities for girls to develop to their fullest potential have never been greater than they are today, there are still many more men in leadership positions than women across the globe.

Unfortunately, when young girls think of leaders they often think of Presidents and CEOs, and they don't always see aspirational female leaders who look like them. Research shows that a lack of self-confidence in their own skills and capabilities is the greatest single barrier to girls seeking careers in leadership.

However, when girls are leaders, they experience greater self-confidence and they become more independent, responsible, and resilient.

The SistersIN Leadership Programme aims to play an active role in changing girls' perceptions around career opportunities and positively support and reinforce their self-confidence and career ambitions. Giving all participating pupils the same opportunities and experience regardless of location or religion.

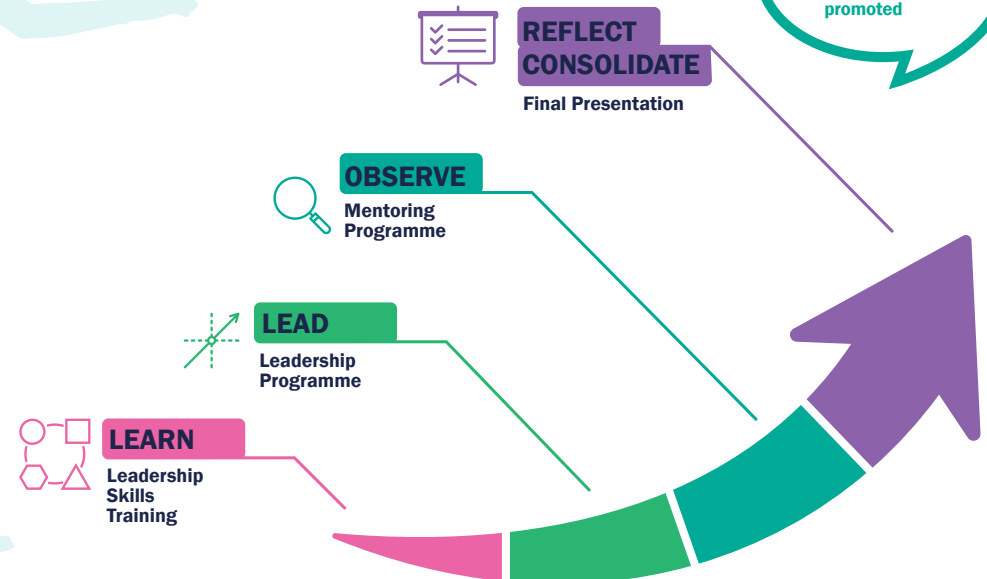
www.Sisters-IN.org

The SistersIN Leadership Programme was developed to help build the confidence of female pupils in post 16 education and to provide inspiration to the many different career options that exist today. The programme also gives students the opportunity to learn and practice leadership skills, as well as experience what it is like in the world of work.

The programme does this in a number of ways:

- ★ Matching them with a female business leader as a mentor, who can offer real-life advice, guidance and support about career options and paths
- ★ Providing the opportunity to meet leaders to learn about different jobs and gain an understanding of what is needed to work in that industry
- ★ Building their self-confidence and skills to succeed at work through leadership training
- ★ Getting an opportunity to gain real-life leadership experience through leading their own project or initiative

“ for every 100 men promoted to manager, only 86 women are promoted



Leadership Skills Development:

The leadership skills training will help prepare the pupils for the leadership project and mentoring relationship. These modules will be taught by the school with a different subject delivered each week for 10 lessons. Themes include resilience, conflict resolution and communication skills. In addition, SistersIN will partner with external leaders to deliver leadership masterclasses based in real world experience.

Leading a Project:

The key aim of the leadership project is for the pupils to put into practice the skills they are learning and gain some insightful feedback. The project should reflect the ethos of the SistersIN program, and have a benefit to either the school, the local community or wider society. The project can be related to a sports activity, science, music or art club, a donation drive or linked to other initiatives like mental health awareness, literacy and exercise.

Mentoring & Job Shadowing:

Each pupil is paired with a mentor, a female leader who is willing to share her experience, advice, and insight into her profession. These leaders can serve as inspirational role models who help the pupils learn about the world of work in their chosen field and get visibility to different career options. The mentor will also provide guidance, advice, and coaching to students as part of the project they are leading.

The student will also participate in a job shadow day in the organisation of the mentor they have been matched with.

How does it work?

Encourage your daughter to sign-up and participate in the SistersIN Leadership Programme - applications start in September

Talk to your daughter about what she is learning as a result of being part of this programme

Support her to explore many different career possibilities that match her strengths and interests

Get involved as a mentor for another student as part of the SistersIN Leadership Programme

Share the programme with professional women that you know and highlight the benefits of becoming a mentor Recommend

SistersIN programme to your workplace – we're always looking for more partners to come on board

If you, as a parent, have a skill that could benefit the charity please get in touch using the details below:

Get in contact:

Website: www.sisters-IN.org

Email: info@sisters-IN.org

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SistersIN

has the mission to enable, empower and develop female pupils across Northern Ireland and beyond to become the leaders of tomorrow; to help them discover their full potential & open new possibilities for their professional journeys by building leadership capability and confidence.

“ Only 27% of CEOs are women ”