



The LIKE ME
CIC

Empowered Leader

Rise Higher

What is Disempowerment like?

Feelings of helplessness or being stuck

Disengagement and transactional work ethic

Imposter syndrome

Organisational silence – believing they won't be understood

Lower well-being and motivation

Needing frequent validation



‘Being confident and believing in your own self-worth is necessary to achieving your potential’

– Sheryl Sandberg



‘No vision, no strategy can be achieved without able and empowered employees’

- Argyris



‘An empowered organization is one in which individuals have the knowledge, skill, desire and opportunity to personally succeed in a way that leads to collective organizational success’

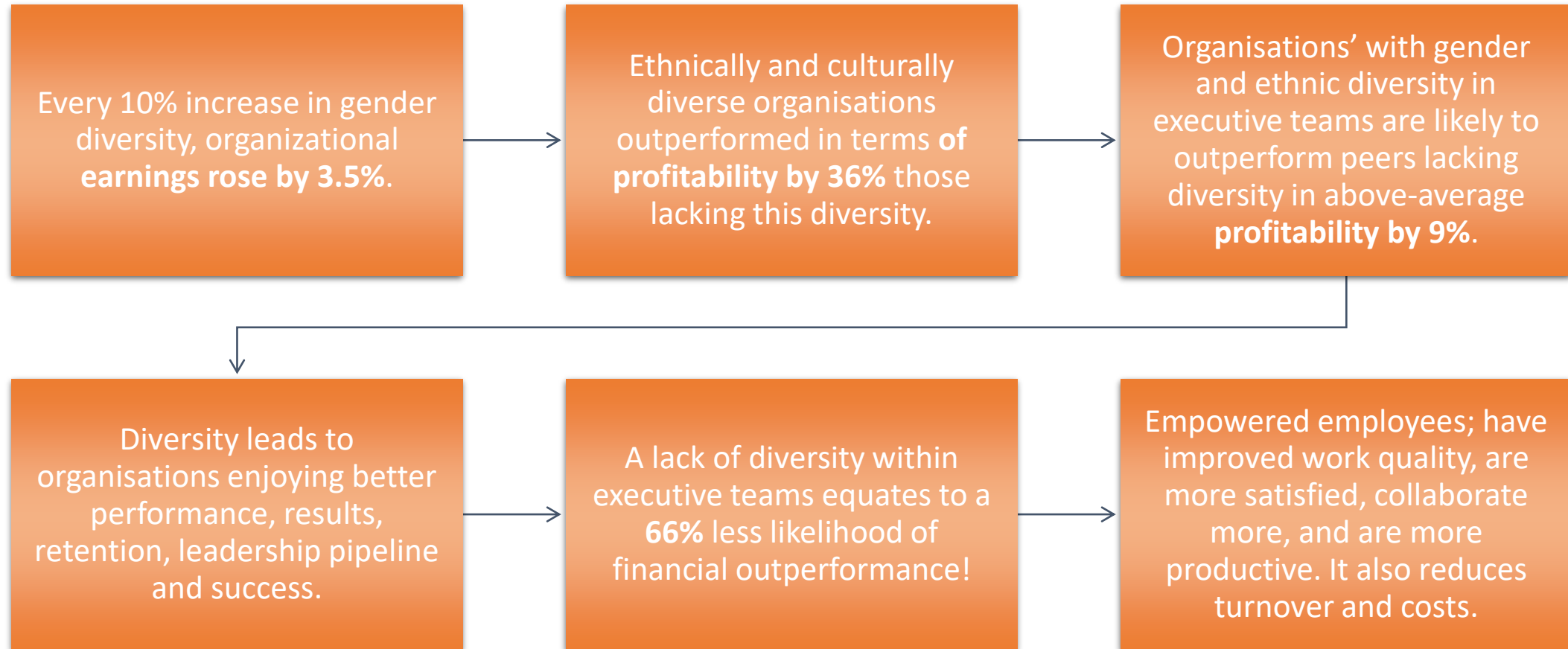
- Stephen Covey



Female and Ethnic Focused

- Supporting the UNs 5th and 11th Sustainable Development Goals of gender equality and reducing inequalities is essential for *every organisation*. The Like Me CIC is a female and ethnic focused organisation specialising in developing women and those from ethnic minority backgrounds, however, **we do develop men and those from non ethnic minority backgrounds**.
- The Fempowerment Method empowers women and those from ethnic minority backgrounds to **overcome obstacles, fulfil their potential** and **advance** in their careers and lives to become leaders who flourish.
- The UN reports that women are empowered to achieve on average **only 60 percent** of their full potential! The McGregor-Smith review has revealed “If BME talent is fully utilised, the economy could receive a **£24 billion boost**.” You want the best performance, productivity and talent retention. You want increased profitability. When you need to empower the women and those from ethnic minority backgrounds in your organisation to achieve that.
- Our method enables an organisation to not only support equity, equality and diversity but also **retain and develop talent** through empowering women and those from ethnic minority backgrounds to recognise they are more than what they have been through so they can flourish; better advocate, communicate, achieve targets, goals and visions by breaking barriers.
- The Fempowerment Method consists of 3 pillars: **Recover, Reconnect and Rise**. The pillars are shared later. Woven throughout our work are the 3 Cs. We build confidence, courage and celebration in every woman and ethnically diverse person we work with.

Why Empower Women and Ethnic Minorities?



Who We Are

The Like Me CIC

A leadership development and employee empowerment training company started in 2018.

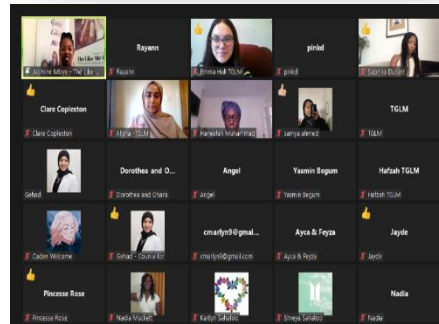
Supporting individuals to:

- overcome obstacles
- fulfil their potential
- advance their career, business and life

To become leaders who flourish.

Supporting organisations to retain talent, improve productivity and save money by:

- developing leaders
- enhancing employee empowerment
- improving wellbeing



Jasmine Mbye

- Family woman
- The Empowerment Champion, International Keynote Speaker, Lead Trainer, Coach, Co-author and overcomer of abuse.
- TEDx and Multi-Award-Winning Speaker, featured on BBC news, work recognised as outstanding.
- Member of CIPD and SET professional bodies. Uses the 'Double P Approach'.



What We Have Done

Examples of Who We've Worked With



Examples of What Learners Have Said

The presentation style and lots of opportunities to ask questions and talk about real life examples, on all the covered subjects, has been very informative made the course really enjoyable.

- Gemma

The training enable me to demonstrate desire and commitment in improving my work quality and efficiency. And also able to adapt to different leadership style that improves my relationship with other members of staff.

- Daisi

This course helped me to realise that I needed to take time out for myself and not always sit at my desk. I learned different management skills and how to be more assertive.

- Antoniette

Thank you so much for the training today. I really enjoyed it and feel a little more confident in my job role. Looking forward to the next one.

- Joanna

[I like] the worksheets, how interactive it was and how it was made personal for us.

- Anonymous

Jasmine is an excellent trainer with lots of good energy and insights. I'm finding the lunch n learn sessions are helping me think about moving forward with my goals.

- Anonymous

The Fempowerment Method

The Like Me CIC's signature methodology is called the Fempowerment Method. This method consists of 3 pillars; **Recover**, **Reconnect**, **Rise**. Our sessions or modules have been designed to support individual's progress from Recover to Reconnect and then Rise.

Recover

This pillar empowers each person to **overcome obstacles**, (such as imposter syndrome, lack of confidence, abuse etc), and to find or regain the state of mind, health and strength necessary for development on the leadership journey.

Reconnect

The second pillar enables each individual to **fulfil potential** by rediscovering and re-establishing who they are; the gifts, abilities, talents and skills they have and these can be used to serve themselves, their employer or business, and others on their journey

Rise

The final pillar equips each person to **advance** and move from where they are, up to where they desire to be through developing the gifts, abilities, talents and skills they possess and acquiring honing those necessary to flourish as a leader.

The Fempowerment Method



The Recover, Reconnect and Rise pillars each have 4 Modules as seen adjacently.

Modules are designed to be interactive, learner-centred learning experiences that engage and connect learners with the subject.

Overleaf is a synopsis for each module within the pillars.

Please feel free to ask if there's something you'd like that isn't listed.

The Fempowerment Method

The Recover Pillar

Recover

Managing Stress

Managing Stress – In this module learners identify causes and effects of stress, the importance of relaxation and are assisted with time management tools and techniques to underpin implementation. Tips and techniques are shared to manage stress and learners are supported to devise and leave with a stress management strategy.

Mindset Mastery

Mindset Mastery – This fundamental module enables learners to uncover values and beliefs and identify limiting beliefs and their impact, including imposter syndrome, with tools to overcome them. The Power of the mind is revealed using focus and feedback, and critical thinking techniques and skills are imparted so learners begin to see themselves, their career and lives differently.

Resilience for Brilliance

Resilience for Brilliance – In this module physical, mental, emotional, social and organisational resilience are expanded upon, with steps to build all the different types of resilience. Motivators and demotivator and change management are incorporated to enhance understanding, supporting the development needed for brilliance in effective leadership.

Relationships Management

Relationship Management – This often overlooked area delves into the elements necessary to ensure successful relationships. The importance of our relationship with ourselves is stressed and built upon with creating healthy boundaries, identifying toxic behaviour, outlining the Drama Triangle and how to shift to the Empowerment Dynamic. This module provides strategies for dealing with difficult relationships that can be applied professionally and personally.

The Fempowerment Method

Reconnect

Sustainable Confidence

Sustainable Confidence – The module provides clarity on what confidence really is, distinguishing the different types of confidence and the steps to build confidence that can be sustained. We explore self-esteem, imposter syndrome, affirmations and their relationship to confidence with tips and techniques to sustain confidence built.

Effective Communication

Effective Communication – This essential module expounds on what effective communication is and why it is important, the 4 components of communication, evaluation of communication methods, personal communication, communication styles along with persuasion and negotiation. We address how to have difficult conversations, barriers to overcome for effective communication and steps to communicate more effectively which are practiced and implemented immediately.

Being Authentic

Being Authentic – Much is said about authenticity but what is it really? In this module we uncover what authenticity is, the role it plays in leadership and how it's underpinned by the power of vulnerability. We support learners to embrace who they truly are with personality type profiling and Emotional Intelligence, so they leave able to truly connect.

Storytelling 101

Storytelling 101 – 'Stories have been used to dispossess and to malign. But stories can also be used to empower, and to humanize' Adichie. This module centres on the power of storytelling, what's needed to master this art and why it's a necessary skill for leaders today. Enabling learners to find their voice, own their story, change the narrative and shift from a disempowering to more empowering story.

The Reconnect Pillar

Enabling each woman to recognise and release her potential

The Fempowerment Method

The Rise Pillar

Rise

Equipping each woman to better leverage her abilities, advance and move up to lead

Assertively You!

Assertively You! – A critical module which supports learners to correctly understand what assertiveness is, why assertiveness is necessary and the importance of developing self-awareness. Enabling identification of different types of behaviour, the elements of assertive communication and practicing these skills to effect change, improving personal, individual and team performance.

The Leader You Are

The Leader You Are – This module addresses pivotal elements in leadership for learners. We distinguish leadership from management, outline what effective management is, what great leaders do and leadership styles. Learners grasp how to harness the brilliance others, improve their people skills and work smarter to be the best leader they can be.

Powerful Presenting

Powerful Presenting – We're presenting everyday, and this module enables learners to review and reflect upon how they are showing up. We cover styling, presentations, pitching, body language and revisit storytelling, to ensure that learners leave with the ability to show up and share in ways that serve them as they advance to the next level.

Conflict Resolution

Conflict Resolution - A key leadership skill for today's leader. We cover the importance of conflict resolution, how to recognise the different types of conflict and develop the skills to master conflict are covered. Learners gain and practice skills and strategies to resolve conflict effectively, ensuring maximum individual and team performance.

The Fempowerment Method



Modules can be undertaken on a singular basis or selected to create a customised programme. A pillar can be selected, or the entire programme worked through for maximum impact.

Book to meet with Jasmine for details on packages and pricing by clicking [here](#).

Please feel free to ask if there's something you'd like that isn't listed.

CONTACT US



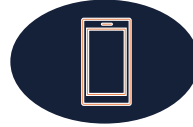
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Book to meet with Jasmine to discuss your requirements: such as availability, pricing and customisation plus bonuses by clicking [here](#).

Rise Higher