

Understanding My Impact on Others

Leading With is a 6-month leadership program using Systems Theory to help participants understand how they interact with others, recognize behaviors that hinder their leadership, and stay true to their values as leaders. By the end of the program, participants gain practical tools for influential and authentic leadership, empowering them to lead effectively in their professional roles.



MELISSA HIATT
Director of Women's
Leadership

Program Objective

To expand the participants' awareness of their own leadership patterns and behaviors. Learning to identify what one feels, thinks, and does as they lead and interact with others is the first step in emotionally healthy leadership.

Program Takeaways

Leading With leads to a more emotionally aware leader. Being able to emotionally regulate and lead from the center of one's values and integrity during times of great stress is an essential leadership skill.

- Examine power and anxiety in their family systems through the use of a genogram
- Wrestle with the vulnerability of what can and cannot be controlled in leadership and life.
- Identify triggers that move one away from their leadership integrity and values.
- Greater understanding of the emotional responses and triggers and those you lead and work with.
- Increased resilience in managing the internal and external leadership anxiety and stress.

Course Agenda

Retreat: Family Genograms
Session 1 : Anxiety in the System
Session 2: Exploring Group Cultures
Session 3: Exploring Strengths
Session 4: Healthy Leadership
Session 5: Healthy Teams
Session 6: Leadership Creativity Projects and Graduation

2026 Dates

Spring 2026 Cohort starts
Friday, April 17, 2026

Fall 2026 Cohort starts
Friday, October 16, 2026

Cost
\$1,750



Apply Now!

Scan the QR code or visit
embe.org/womens-leadership-program to apply.