

FIT To Rise

Focused | Impactful | Transformative

Unlock the full potential of your Early Career female talent with our Group Coaching programme

Early Careers



Are you responsible for women's advancement in your organisation?

Diverse leadership is crucial for success in today's business world. You've invested in diversity initiatives but driving meaningful change is harder than you thought.

★ Achieve focused female development results in 90 days ★

Join HR leaders and executives who trust our coaching to deliver impactful results.

- Boost engagement and retention of high-potential women
- Achieve measurable progress on gender diversity metrics
- Establish a leadership pipeline tailored to your organisation's needs
- Enhance innovation and decision-making

What will you get?

Our FIT To Rise programme is not just another coaching programme - we accelerate young people's confidence in new working environments, enabling them to quickly add value to your business. By channelling fresh thinking and enthusiasm from the start, you will already be on track with your succession plans, equipping young women with the necessary skills and self-belief to pursue a rewarding career from day one.

By the end of the programme, participants will have:

- ✓ Clarity on who they are as a individual contributor and leader - including their values, personal brand, and confidence in their unique strengths
- ✓ A future-focused mindset - with clear career goals and a proactive approach to growth and development
- ✓ Enhanced collaboration and communication skills - to contribute effectively to and lead teams, influence stakeholders, and build strong relationships
- ✓ Resilience and wellbeing strategies - equipped to handle pressure and maintain focus in challenging situations
- ✓ A strong support network within and beyond your organisation

How will we achieve results?

- Targeted development programme aligned to women's unique needs
- 6 group coaching sessions
- Structured self-guided activities designed to encourage reflection
- Personalised strengths resport with follow up discussion on output
- Ongoing email/WhatsApp support plus tailored aftercare
- Bespoke solutions to match your business needs including 1:1 programmes

Interested to learn more?

Email: hello@shakeuptalent.com

or give us a call +44(0)7584 050387

shake up talent

unlock female potential