

LIFE & LEADERSHIP

A leadership development programme
for senior women



RACHEL MORTIMER
EXECUTIVE COACH

EXPLORE YOUR POTENTIAL



OVERVIEW

This nine-month programme will help you to create a sustainable leadership model tailored to your strengths. As well as supporting you to assess, refine, and practise leadership behaviours that will ensure your continued success, you will learn how to incorporate essential elements of wellbeing into your leadership framework and achieve sustained performance in challenging leadership roles.

Working alongside coaches and experts online, plus a residential week in the stunning mountains of Chamonix, you will be given the time and space to take stock, seek expert help to make a plan for change, and put those changes into practice

WHO IS IT FOR?

Our programme is for high-performing, senior female leaders who need a more sustainable leadership model.

You may already know what needs to change, but have not been able to make the small tweaks needed to achieve a consistently sustainable approach.

You may feel that you have perfectionist or people-pleasing tendencies, find it hard to say no or set boundaries, or feel overwhelmed at your workload and/or life-load.

Outside of work, you are inspired by nature and generally enjoy being active. However, you have probably been unable to fit in the things you love doing for some time.

Above all, you are curious and have a growth mindset.



FORMAT

We use a model of review, reflect and reset.

REVIEW

The review phase uses a 360 leadership psychometric (The Leadership Circle) to help you assess where you are right now as a leader.

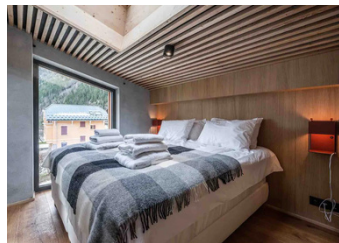
A coach will debrief this with you and work with you as you start to consider what may be driving your behaviours and what interventions you may find useful.





“RACHEL’S COACHING HAS MADE AN EXTRAORDINARY DIFFERENCE, IN ALMOST NO TIME AT ALL. I’M ACTUALLY QUITE STUNNED BY THE RESULTS.”

PARTNER, STEVENSON HARWOOD



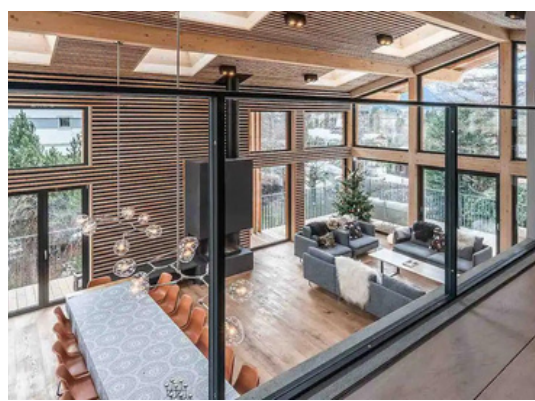
REFLECT

The reflect stage is residential week held in a beautiful catered chalet in Chamonix.

Surrounded by inspiring nature, you will work with experts who will equip you with what you need to incorporate crucial elements of sleep, diet, breathing and movement into your leadership framework. Outdoor group sessions will be facilitated by coaches who will support you in the continued exploration of your leadership challenges; by the end of the week, you will have developed a clear and achievable plan for a more sustainable approach to leading that will allow you to thrive as a leader for the long term.

RESET

The reset stage incorporates ongoing one to one coaching over 9 months, to help you consolidate what you have learnt, and support you in further development of your leadership model. Accountability is very important in this phase, and this will be done through ongoing liaison with your coach and cohort as well as via a 6 month online group check-in.



WHAT WILL I GAIN FROM ATTENDING?

You will get honest, clear and relevant feedback on your leadership style and behaviours to allow you to build the traits for resilient and successful leadership.

You will be given a safe and non-judgmental space to reflect on your own leadership challenges, as well as learning from others.

You will renew your confidence, energy and commitment to fulfil your role in a way which is personally sustainable.

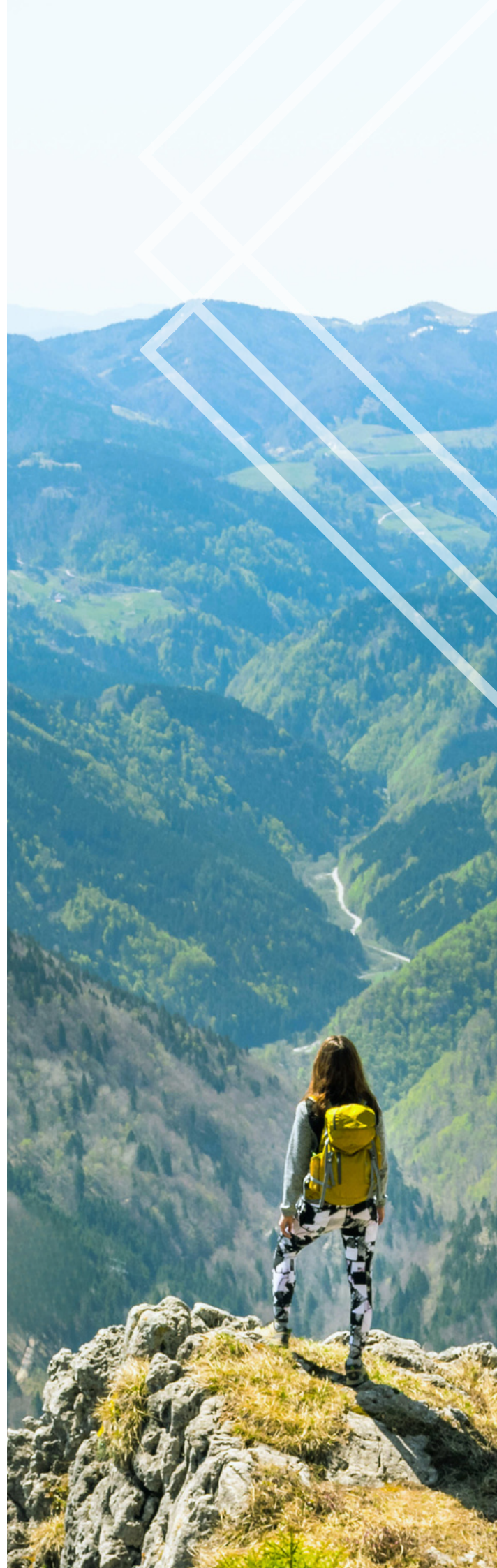
You will expand your support network and recognise the value of introducing balance and boundaries in leadership and life.

WHAT ARE THE BENEFITS TO THE ORGANISATION?

You will improve your own engagement and resilience and be better prepared to recognise and act upon the needs of your colleagues.

Sharing your challenges with other senior leaders will help you to find creative solutions and bring these back to your own organisation.

You will explore and learn how to build a sustainable leadership model for yourself, and how to role-model this for others in your organisation.



TEAM

The programme is run by team of outstanding women. They share a passion for the outdoors, and they have all made changes to their lives to be able to combine their professions with that passion.



RACHEL MORTIMER

Lead Coach and Programme Director

Rachel has first-hand experience of being a senior female leader – through her current coaching, Board and leadership facilitation roles, and from 20 years' experience as lawyer and Chief Operating Officer in the private and public sectors. Having transitioned from London to Chamonix for a better life and leadership balance, she now runs a thriving leadership-development coaching practice. Her approach, rooted in neuroscience, evidence and empathy, helps her clients to achieve authentic and sustainable leadership models.



TED TOUSSAINT

Coach, Behavioural Scientist and Body Language expert

Ted is an eminent behavioural analyst and body language expert, with a passion for understanding human behaviour and 10 years' experience in experiential coaching. Having lectured internationally, she focuses on enhancing nonverbal awareness, fostering rapport, and leveraging evolutionary insights. Ted's unique blend of expertise in psychology, neurology, and nonverbal communication empowers female leaders to convey confidence, and enhance presence in a way which is authentic and sustainable.



REBECCA DENT

High Performance Dietician

Rebecca, a seasoned high-performance dietitian with 20+ years' expertise in clinical and sports nutrition, specializes in aligning and personalising dietary strategies with the demanding life and leadership schedules of senior women. Tailoring guidance to individual nutrition preferences and lifestyle situations, she empowers senior women to prioritize well-being to achieve sustained high performance. Rebecca's approach ensures an easy to put into practice, sustainable, health-focused dietary model, delivering noticeable benefits within two weeks of consistent dietary implementation.



DR. CHARLOTTE EDELSTON
Sleep Science Coach

Charlotte is a distinguished sleep science authority with 20+ years' expertise. She specializes in clinical diagnostics, lab-based studies, and CBT-i coaching—the gold standard in insomnia therapy. A researcher, clinician, and sleep-clinic founder, she equips professionals and elite athletes with actionable tools for enhancing sleep quality and quantity. She uses the scientific underpinnings of sleep and its crucial role in well-being to help leaders develop holistic sustainable leadership models.



CAROLINE WHEATON
Artist and Sculptor

Caroline, a self-taught British artist and former FTSE company Chief Operating Officer, understands the challenges of senior female leadership. Her art, which encompasses acrylic and ink paintings as well as sculpture, reflects her fascination with the human experience and resilience. Caroline curates innovative creative workshops, leveraging her corporate insight to challenge conventional thinking. Her artwork embodies the mountain environment, portraying physicality and human adaptation.



SUZE WALKER
Movement and Breathing Expert

Suze, a certified rolfing and sports massage therapist, specializes in enhancing posture, balance and coordination by raising sensory awareness in her clients. Suze takes a holistic approach to address pain, posture, and outlook, prioritizing long-term improvements over symptom-chasing. Using rolfing's fascia-focused techniques and movement education, Suze optimizes core stability, breathing, and movement, fostering sustained postural and behavioural transformations.



KEY DATES

APRIL TO DECEMBER 2024

- Leadership psychometric - April
- 1:1 debrief with coach - April
- Residential week 12th to 17th May
- Online coaching June - December

WHAT IS INCLUDED

- 6 hours 1:1 Coaching
- Leadership psychometric + debrief
- 6 days residential week in Chamonx
- Premium chalet and private chef
- Expert-led sessions on sleep, diet, breathing and movement
- 6 month group check-in session

HOW TO APPLY

Applicants will be selected to ensure attendees will not only benefit personally from the programme, but will share experience and provide support for the wider benefit of the group.

For costs and all further information, please contact us:

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www.rmortimer.com