LEADERSHIP DEVELOPMENT · PROFESSIONAL DEVELOPMENT

UNBOUND: Leadership under pressure, without the automatic patterns

UNBOUND is a science-informed leadership coaching programme for senior women. It builds the capacity to make clear decisions, set professional boundaries, communicate with authority and sustain high performance under pressure. Participants work on the automatic responses that get in the way at work, such as second-guessing, over-explaining, overcommitting and holding back, and practise new responses in real workplace situations.

Learning objectives

By the end of the programme, participants will be able to:

1. Recognise how pressure affects their decision-making, communication and leadership presence.
2. Make and stand behind decisions with less second-guessing and fewer delays.
3. Set and hold professional boundaries with stakeholders, peers and direct reports.
4. Speak up, delegate and take visible ownership in high-stakes situations.
5. Manage workload and priorities in a sustainable way that protects performance over time.
6. Apply a structured, repeatable method (Stabilize, Orient, Transform, Anchor) to new workplace challenges after the programme ends.

Benefits to the organization

- Faster, more confident decision-making by senior staff
- Clearer communication and stronger leadership presence
- Better delegation and workload management
- Retention of high-performing women leaders and reduced risk of burnout
- A development investment tied directly to the participant's current role

Facilitator

Daniela Sota began her career as a psychotherapist, where she learned to understand the patterns that shape how people respond under pressure. She then spent years in leadership roles, managing performance, decisions, stakeholder expectations and visibility. UNBOUND combines both perspectives into a structured coaching method.

Format

Individual coaching	4 sessions × 1.5 hours
Group coaching	4 sessions × 1.5 hours, small group of senior women
Total contact time	12 hours
Delivery	Online (Google Meet)
Dates	Confirmed at enrolment
Between sessions	Applied practice in the participant's own work

US$4,000 + HST

Per participant, in US dollars. Payable in full or in two instalments, by the organization, the participant or shared.

The organization receives

- An invoice to the organization, with PO number if required
- Confirmation of enrolment and attendance on request, with the participant's consent
- A certificate of completion listing 12 contact hours

Scope and confidentiality

UNBOUND is professional development coaching. It is not psychotherapy and does not diagnose or treat health conditions. Session content stays confidential and is never reported to the employer.

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