



**OUTWARD BOUND
HONG KONG PROFESSIONAL™**

Advancing Women Leaders

“Women in Leadership Programme”

4th – 6th Jun 2019

*‘The first and the only
outdoor experiential course
for business women executives in HK’*



According to Census and Statistics Department, Hong Kong Special Administrative Region, there were 55% of male and 45% of female in labour workforce in Hong Kong in 2016. As of 2017, there were 15.5% of male manager whilst only 8.5% of female manager. It seems difficult to be a manager as a female.

From the finding of The Women's foundation, only 14.3% of all listed company director are women.

How could cultivate more females to be manager? How ready are you to be a female leader?

Unique Women in Leadership program by Outdoor Experiential learning

Outward Bound Professional (OB Pro) is then organizing a unique course for business women executives called 'Women in Leadership' program in the Outdoor Experiential environment. This is a three-day land-based hiking or sea-based kayaking expedition which enables us to stop at various points in the journey to facilitate team initiatives and 'workshops' discussions related to the outcomes.

This may include a peak ascent which aligns with 'achieving goals and aspirations' and navigation is related to 'mapping your career'. Participants need to be adequately prepared for challenge and learning. A final debriefing session by a professional corporate facilitator will be the finale of this course!

Who Should Attend:

This women in leadership program is designed for women in senior leadership positions in public and private companies, including senior executives, business owners and entrepreneurs, business unit leaders, emerging leaders and other potential senior businesswomen. It is also fit for women who strives for leadership position or preparing to be a leader in the future, i.e. potential women leader.

Important Dates

Application Deadline: 10th May 2019 (Friday) by 5pm

Submission of online "Medical Enrolment Form": 15th May 2019 (Friday)

Course Date: 4th – 6th Jun 2019 (Tue – Thu)

Duration: 9am (1st day) – 4pm (3rd day)

Key Benefits:

Building Confidence: We provide challenging and unfamiliar situations which encourage participants to overcome self-imposed limitations, to grow their personal capacity and develop a belief in one's capabilities to manage future challenging situation.

"I didn't make it past the ladder (high ropes challenge) but I knew it was good enough to have tried and to have experienced it. This made me feel confident, comfortable without the need to prove myself."

- Participant

Connectivity: We aim to provide an opportunity to network and develop platform of peer support through mutual encouragement and a meaningful shared experience.

“The best part I treasure is the sharing of each of the participants. They have various perspectives on women in the workplace and all sorts of stories!”

- Participant

Goals and Aspirations: “What do I want to achieve and how do I get there?” This is framed metaphorically through a hiking expedition with a peak ascent and a short reflective ‘Solo’ experience. This is accompanied by career mapping and a practical action plan to apply learning and steps to achieve these goals.

“One of the greatest challenges for myself is I could not set a goal and go forward. I think it’s a process to explore and discover what your own goal is but don't settle, keep trying and searching.”

- Participant

Having a Voice with professional facilitator:

Participants will be engaging in group discussions, debates, presentations and journaling. We use a structured and progressive approach centered around sensible self-disclosure, strength-based feedback and appreciation.

“I am most proud of my ability to speak and share and this made me feel good, because I know what I am saying is not stupid and there is depth and insight in my thoughts.”

- Participant



Significant benefits of a women-only environment: In the safe context of a women-only group, this could enhance a woman’s understanding of which facets of her problems lie within her psyche and need analytical understanding and which are related the position women hold in a society or culture.

“I am able to support one another and gain strength and confidence through sharing my personal experience.”

-Participant

Course Fee

The course fee per participant is HK\$ 2,120.00 per day x 3 days = **HK\$ 6,360.00** (Voluntary insurance is optional - HK\$ 130 for programme duration. See more on <http://www.outwardbound.org.hk/why-outward-bound/how-to-enrol-1>)

We have limited capacity for **12 professional women** to join the programme and are opening the applications to our clients and trustees. The maximum application from each company would be **3 participants** to ensure diversity in the group.

Please enquire or enroll through the methods below:

- Call: Ms. Loufy Chan at 9337 0157(M)/2576 8580(D) or Ms. Grace Li at 2791 3212(D)
- Email: grace@outwardbound.org.hk or loufy@outwardbound.org.hk

Previous course interview: <http://www.outwardbound.org.hk/news/things-you-want-to-know-about-women-in-leadership-courses>



"If you want to go fast, go alone. If you want to go far, go together."