Course Title: Unleashing Creativity and Leadership for Women
Course Code: BUS 06

Instructors:
• Julie Daley, Founder, Creative Wellspring, Transformational Creativity Coach and Consultant;
• Sherri Lassila, Founder, Purpose Tribe, Transformational Leadership Coach and Women’s Circle Facilitator

*Please see course page for full description and additional details.

Grade Options and Requirements:

There are three grading options—and they can be changed up until the end of the course.

1) **No Grade Requested (NGR)**— No grade is given; no specific performance is required. HOWEVER, we strongly encourage engagement with the content and participation in the class conversations. This implies reading of the assigned articles/chapter and experiencing the “Live-Withs”.

2) **Credit/No Credit**— Some students want documentation that they have completed the course satisfactorily. Beyond weekly attendance, active class participation and preparation of the assigned content, students will be required to participate by posting on the course blog. Each week there will be a heading for the topic and postings can be made reacting to the assignments, experiences with the “Live-Withs” and suggestions of other content and/or links. Posting is NOT required every week; the expectation would be a minimum of 2 or 3 entries during the course.

3) **Letter Grade**—Some students want letter grades, in some cases because their employers require this as a criterion for reimbursement. The requirement is essentially the same as for Credit except with greater depth and frequency. The target would be a minimum of 5 entries on the blog with a focus not only on what one is learning, but also suggestions that might help fellow classmates.

As noted above, your choice can be changed up until the final class. So, if you intended to earn a letter grade, but got too busy with “life” to post on the blog, you can change your selected option.

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Please contact the Stanford Continuing Studies office with any questions
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**Tentative Weekly Outline:**

**Week 1:**
Creativity & Leadership Tool #1 - Trust Your Inner Wisdom

- Understand and learn to trust your unique creative process so you can use it more effectively. Learn to access the state of creative flow.
- Explore your authentic Self and true Work, and how you might bring your life and work into greater alignment with who you are.
- Begin to develop the 5 keys that research shows are critical for unleashing women’s full leadership potential.
- Select a leadership challenge or opportunity, envision an ideal outcome that would represent a breakthrough, and set a powerful intention for the course.
- Learn practices to tap into your inner wisdom to guide your journey.

**Week 2:**
Creativity & Leadership Tool #2 - Relax the Voice of Judgment (VOJ)

- Identify and release hidden barriers and limiting beliefs that hold you back from unleashing your full creative potential and authentic leadership power.
- Shift from self-criticism to self-compassion, from inner-critic to inner-coach.
- Experience the power of positive reframing, and learn tools to consistently make choices and take action from an empowered perspective.
- Transform obstacles into opportunities for learning, growth, and breakthrough solutions.
- Practical application to your selected challenge: reframe the primary obstacles to realizing your intention, so you can move forward with power and flow.

**Week 3:**
Creativity & Leadership Tool# 3 – Mindful Presence

- Learn mindfulness practices for being more fully present.
- Deepen your mind/body connection and begin to access the deep wisdom of your body.
∗ Discover what it means to experience challenges with alert awareness of what is available to you in each moment.

∗ Engage in co-creative collaboration with others and with life.

Week 4:
Creativity & Leadership Tool #4 – Ripe Questions

∗ Learn questioning and inquiry tools to quickly get to the core of an issue and generate new creative insights and possibilities

∗ Engage a new leadership style by creatively questioning and challenging assumptions, the status quo way of doing things, and situational biases that we take for granted in our default cultural power systems

∗ Deepen both the understanding of your intuitive capability and your capacity to access it.

Week 5:
Integration of Creativity & Leadership Tools; Purpose, Vision and True Prosperity

∗ Clarify the “Why” of your Work – the meaning and purpose that bring out your best, and what you care enough about to stretch beyond your comfort zone

∗ Clarify and realign with the underlying values that motivate you and drive your fulfillment.

∗ Identify your personal definition of success – a true north star and vision for your work and life that’s fully aligned with your True Self and Work

∗ Give voice to the value of your contribution as a unique female leader in today’s world.

∗ Make an unprecedented commitment to yourself, and get the support structure that best sets you up for success going forward

∗ Wrap up work on your challenge, and celebrate the insights and breakthroughs you’ve had