

RISE *Accelerate*

It's time for your career success

Designed for talented females who want to own and accelerate their careers.

YOUR BRILLIANT CAREER

RISE *Accelerate*

Program Details



RISE Accelerate is an achievable 90-day career and leadership training program for women who want more career success.

The program empowers women to take greater ownership of their careers. It teaches participants invaluable skills and strategies so they can continue managing and progressing their careers beyond the program.

The program will drive real results by putting in place a practical, relevant, and accessible plan to advance their careers.

This is a unique career program. Over the course of just 90-days, participants learn how to overcome obstacles, create opportunities and reach new heights in their careers.

Depending on your individual needs, you will learn the following:

- ✓ How to communicate powerfully and overcome any fear of speaking up.
- ✓ The right ways to build relationships with mentors and sponsors.
- ✓ How to get strong support from your manager and stakeholders.
- ✓ Ways to initiate and articulate your career goals to the right people.
- ✓ How to excel at work without sacrificing a full home life.
- ✓ How to build career confidence and create a powerful vision of your future success.

Building confidence and career success

RISE Accelerate participants meet every fortnight for a value-packed **LIVE online workshop**. Each 90-minute session is highly engaging and interactive and includes a deep-dive on a topic, group work, discussion, live group coaching and the opportunity for Q&A.

Participants also get to create a network of incredible, like-minded women whom they can confide in and rely on in the months and years to come.

At the end of the program, the women walk away with a community of other brilliant women as well as the practical skills they need to step up in their careers. Many women leave the program with renewed confidence in themselves and their future.

The 8 LIVE group workshops acknowledge that women want more than surface-level career tips and generic career advice. They want to understand the unspoken rules and learn how to navigate their career pain points with greater confidence and success. Each workshop is full of tools and practical information to excite and inspire new possibilities.

The LIVE group coaching is an opportunity for women to present their personal challenges and be coached in real-time by a Senior Executive Coach. It is also a unique chance to learn from others' challenges too.

The Career Advancement Plan is a comprehensive workbook containing one-off resources, scripts, activities and content that the women can draw on in the months and years after the program. This 100-plus page document helps participants drive real results and walk away with a firm plan of attack to reach their goals.



Who should attend?

RISE Accelerate is designed for both current and aspiring women leaders across all industries and business functions. Typically, they'll be aged between 30-45 years with a strong focus on progressing their careers.

They are looking for the chance to build on critical skills to grow and navigate the challenges and gender biases facing women in the workplace.

Unlike other online courses, **RISE Accelerate** is live and offers on-the-ground support to all the participants. They get to interact and engage with other women from a range of different organisations and industries and explore issues that are unique to women in the workplace.

Program Outline

Session *One*

Setting yourself up for success

Foundations are important in setting yourself up for success, so let's get them right before we dive in.

- ✓ A look at your program roadmap for the next 90 days.
- ✓ You can't move forward without a quick look at the past, so we'll unpack the hardest things about navigating your career today.
- ✓ Let's understand your strengths, personal brand, and future potential.



Session *Two*

Attract the relationships you need to succeed

It's all about who you know, not what you know - well, not entirely, but relationships play a huge part in career success. Let's build you a support network that's there for you - to open doors, give advice and be in your corner.

- ✓ We'll build your own board of directors.
- ✓ Let's understand the difference between mentors and sponsors.
- ✓ Learn how to attract the right people and influence these relationships.

Program Outline

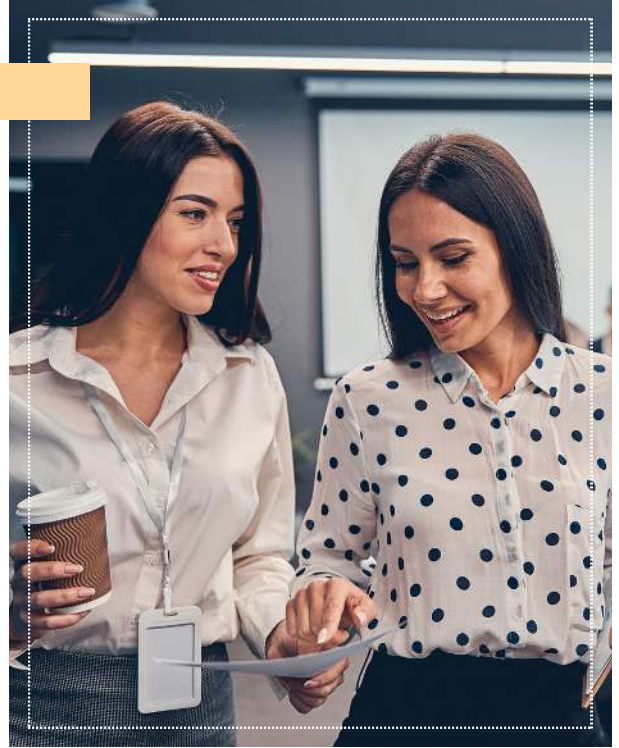
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Session *Three*

Your reputation is your greatest asset

No matter what your position, you need to develop and invest in your personal brand. Your reputation in the workplace and wider is important and will greatly affect the opportunities you're given.

- ✓ Let's understand your reputation and how to future-proof it.
- ✓ We'll look at how people describe you at work and how you want them to.
- ✓ Learn three practical ways to dial up your external profile (without feeling like a show pony).



Session *Four*

How to navigate and leverage the business landscape

There's no point having your head in the sand, you have to play the game, and you can do that in a way that doesn't mean turning into someone you're not, promise! Sometimes the business landscape can feel like a minefield - let's change that!

- ✓ Learn how to shape your environment, instead of it shaping you!
- ✓ I'll teach you seven steps to building the Influencer Blueprint.
- ✓ Understand ways to create value and be seen as a person of influence.



Program Outline

Continued

Session *Five*

Communicating with confidence

Communication is key! Communication skills are one of the most important tools you can have in your career toolkit. They help you build relationships, influence and get what you need to over the line.

- ✓ I'll teach you two power moves that will help you build relationships, influence, and command more respect.
- ✓ Learn how to say no and stop people pleasing. Get my six easy scripts on how to say no at work.
- ✓ Understand how to increase your gravitas without losing your sense of self.



Session *Six*

Overcoming limiting beliefs

Sometimes we're our own worst enemy, but what we need to be is our own biggest fan. Turning around your negative self-talk and being crystal clear on the value that you bring will be transformational in the workplace.

- ✓ Explore how to become the best version of you.
- ✓ Identify the limiting beliefs holding you back from reaching leadership success.
- ✓ Understand your inner critic and the stories that have kept you playing small.

Program Outline

Continued

Session *Seven*

Create your compelling career vision

Let's take back charge of your career and your future, you know - if you can dream it, you can do it, and all that! If you fail to plan, you plan to fail, so let's think big and create the career you crave.

- ✓ Learn the value of thinking bigger and owning your career trajectory.
- ✓ Let's create a modern career plan to keep you agile.
- ✓ I'll teach you a proven system for goal setting to achieve your career aspirations.



Session *Eight*

Where to from here?

The world/workplace is your oyster! Let's look to the future and create the career you crave. What would you go for if failure wasn't an option? Let's set some goals and actionable steps you can take right now towards them. What can you do more of or less of that will make a positive difference for you?

- ✓ Craft a plan for momentum and focus.
- ✓ Celebrate your achievements; foster enduring peer connections.
- ✓ Outline your path beyond the program.










RISE *Accelerate*

Program Schedule



March 2025

Sessions times are Sydney time. Adjust for your location.

Session	Date	Time	Format
Welcome Party!	Mon, 17 March	12.00 - 1.00 pm	
Session 1: Setting yourself up for success	Wed, 19 March	12.00 - 1.30 pm	
Session 2: Attract the relationships you need to succeed	Wed, 2 April	12.00 - 1.30 pm	
Session 3: Your reputation is your greatest asset	Wed, 16 April	12.00 - 1.30 pm	
Session 4: How to navigate and leverage the business landscape	Wed, 30 April	12.00 - 1.30 pm	
Session 5: Communicating with confidence	Wed, 14 May	12.00 - 1.30 pm	
Session 6: Overcoming limiting beliefs	Wed, 28 May	12.00 - 1.30 pm	
Session 7: Creating your compelling career vision	Wed, 11 June	12.00 - 1.30 pm	
Session 8: Where to from here?	Wed, 25 June	12.00 - 1.30 pm	

RISE *Accelerate*

Program Details

RISE Accelerate is an investment in the future pipeline of your organisation.

This program gets results because it's based on practical advice, actionable steps, and plenty of support that tackles these common challenges.

Gillian Fox is the program founder and leads all the sessions of the **RISE Accelerate** program. She has trained and coached thousands of women over the past fifteen years and is passionate about giving them the support they need to succeed in today's business environment. Her results speak for themselves.



- A quarter of women that have completed RISE Accelerate are promoted or get new opportunities within six months of the program.
- 89% of participants report feeling more confident straight after completing the program.

The inclusive cost of participating in the **RISE Accelerate** program is \$997 plus GST per person. This includes all the group sessions, workbook and materials, access to the recordings and other bonus resources.

- ✓ A welcome party and 8 x 90-minute **LIVE** online sessions that take place over 90 days,
- ✓ A comprehensive workbook to guide you through the program and resources, activities and content you can draw on after the program.
- ✓ A copy of Gillian Fox's book, *Woman of Influence*, filled with valuable career insights and tips from 12 inspirational businesswomen.
- ✓ Access to the session recordings so you can revisit them as needed.
- ✓ Access to a network of other brilliant women you can lean on and learn from. They'll become your biggest supporters and confidants as you go through the program together and build deeper relationships beyond it.
- ✓ Access to bonus learning materials to deepen your knowledge and give you access to a toolkit you can draw on now, and in the future.



For individual bookings, please head to the RISE Accelerate program page www.yourbrilliantcareer.com.au/rise-accelerate - to register.

For group bookings of three or more, please email us at info@gillianfox.com.au to request an invoice.

RISE Success Stories

“The RISE program has been an amazing opportunity to self-reflect about where I am, where I have come from and where I am going. RISE has helped me figure out how to get there and provided the tools, strategies and thinking to assist. Thank you for all the work you put into the program and for empowering women in their lives and careers.”

Engagement & CSR Project Manager, SBS

“I can't recommend this program enough. There is so much unwritten, unspoken, unsaid, that you really need to know and sometimes you won't get it from the people you work with or your friends or family.

This course made a dynamic change to my outlook professionally and personally and I'd highly recommend it to anyone looking for career advancement or to just break out of the rut and learn how to approach things differently.”

Research Manager, City of Parramatta

“The work you do building networks and contacts can have a great impact on your career. During the program I received a promotion due to the influence of one of sponsors and his ability to see my potential and pass this on to top management. I received another promotion recently due to an offshore sponsor suggesting me for a new position.”

Head of Financial Planning & Analysis, METLIFE

“This program helped me truly understand the important of resilience, assertiveness and influence in business. As a result, I have built, developed and maintained a network of senior sponsors who've ultimately helped me secure two promotions since completing the program.”

Head of Editorial & Native Content, Ooh! Media

“Gillian is a passionate, dedicated advocate for professional women. The RISE program really crystallised what the future could look like, and concrete steps to get there.”

Director Institutional, ANZ

“This program really provided me with direction and actionable steps to take, in order to build the next stage of my career.”

Company Secretary, ViacomCBS

Meet Gillian Fox

Gillian is the **RISE Accelerate** program lead and coach. She has had a successful career as both a senior executive and entrepreneur. She is an author, moderator, keynote speaker and senior executive coach, and leads gender diversity programs with some of the largest companies.



Over the past fifteen years, she has founded and built several large consulting businesses. Before this, she was a senior executive at both News Corp and Pacific Magazines.

As a senior executive, Gillian was responsible for managing a team of over 100 employees, whilst driving strategy and leadership strategy.

Having designed and delivered leadership programs for over 15 years, today Gillian is recognised as a leading business educator as well as an expert in the area of women's career advancement.

As the Managing Director of the Gillian Fox Group, and Your Brilliant Career, she is passionate about showing leaders the steps and strategies required to forge their own paths.

Her company's clients include Microsoft, Foxtel, National Australia Bank, CommBank, TAL, The Wrigley Company, Telstra, ANZ, NewsCorp, SBS, CPA Australia, Unilever, AON and Scentre Group.

Gillian has published articles in The Weekend Australian, Mamamia, Women's Agenda, and on LinkedIn, to name a few.

She is also the author of Woman of Influence, in which Gillian interviews twelve inspirational businesswomen on how to command respect, stay driven and get promoted. Gillian is also the host of a fortnightly podcast called Your Brilliant Career.

Frequently Asked Questions

About the program

How is this program different to other career programs?

This program is designed specifically for women who value their careers. It deals only with the challenges women face in the workplace when striving for their next opportunity such as overcoming imposter syndrome or making their value in the business visible.

Unlike other courses, we don't leave the participants to go it alone. We deliver group coaching so the women can ask all their questions.

Another differentiator is Gillian Fox, the program lead for the RISE Accelerate program. Gillian has delivered gender diversity and leadership programs in the corporate sector for the past 15 years. She has also been an executive leader, so she knows better than most facilitators what it takes to be successful in the workplace today.

I'm already really busy, do I have time for this?

No one has ever attended and said, "I'm so glad I waited before enrolling. I'm so happy I delayed this opportunity for me by six or twelve months". Quite the contrary as people say they wish they had found this program earlier. People join the program at the busiest times of their careers and claim it's the thing that keeps them focused and performing at a high level.

Do I work in the right industry for this program?

RISE Accelerate is for women working in any industry who want to learn practical skills and strategies to progress. They could be working in finance in a global organisation or in marketing in a business with 15 people. The thing that unites all participants is the desire to power ahead in their careers.

Do I need to do any prep work or homework during the program?

Once enrolled, participants get access to the RISE Accelerate workbook. Many opt to print this off so they have it in front of them during the sessions and write notes. This workbook and the suggested resources at the back of the book can be a stimulating start to the program. It is a preview of what is ahead. Aside from this, the other preparation for participants is to consider what they would like to gain from the program.

Do I need to join the sessions live?

We strongly encourage all participants to join each session live because they will learn more AND have more fun! However, we also understand that, realistically, that might not be possible for every session. For this reason, we provide a library of recordings and resources to access throughout the program.

How long do I have access to the session recordings?

The session recordings will be available for the duration of the course, PLUS 30 days after its conclusion.

Frequently Asked Questions

Continued

Who delivers the sessions?

Gillian Fox delivers all nine sessions. Gillian is the RISE Accelerate founder and coach lead. Through the RISE Accelerate program, Gillian's contagious passion and action-focused "roll your sleeves up approach" has helped countless women secure promotions and find their voice in their organisations.

Gaining approval to attend

I'm keen to enrol. How do I sell it to my manager?

In 95% of cases, the employer pays for the women to attend the RISE Accelerate Program. If you are a potential participant reading this and you're unsure how to proceed, start by sitting down with your manager and discussing the program.

What if I can't get support from my manager?

We suggest to speak to both your direct manager and HR about the alternative ways the company may be able to support you attending the program. If there's no way your employer will fund the program, you can always choose to pay program costs personally. We do offer a pay by instalment scheme.

Payment and logistics

How much does the program cost?

The fully inclusive cost of participating in the program is \$997 plus GST. This includes the sessions, group coaching, a comprehensive workbook, bonus materials, and a library of all the recordings and resources.

I'm interested in enrolling in the RISE Accelerate program, how do I register?

Please head to the RISE Accelerate Program page www.yourbrilliantcareer.com.au/rise-accelerate.

How does payment work?

We accept online payment by MasterCard, Visa, and American Express. You will be required to provide payment at time of enrolment. Payment can be made in full or via instalments. A receipt for tax purposes will be issued upon payment.

Is there a money-back guarantee?

You receive a 30-day, money-back guarantee when you start the RISE Accelerate Program. That means a participant can attend the first two sessions and decide if it's right for her. As long as she attends those first two sessions and does the work required for that period, we will refund 100% of your payment if you decide that the program isn't right for you.

Frequently Asked Questions

Continued

What happens if I need to cancel?

We offer a full refund of registration fee with more than 28 days notice. 50% refund of registration fee with 14 to 28 days' notice. No refund of registration fee with less than 13 days' notice.

You may register a colleague or friend as your substitute at no extra cost if you notify us at least 5 business days before the program.

If you do not attend and do not make prior arrangements with us to cancel your registration or transfer it to a substitute, you will be charged 100% of the registration fee.

What if I miss a session?

We understand that things happen last minute. We record all the group sessions, so the participants will be able to catch up on all the content and materials with ease.

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