

DEVELOP YOUR ACTION MINDSET

FOR WOMEN MANAGERS AND ASPIRING
WOMEN LEADERS WHO WANT TO SUCCEED
IN TODAY'S INNOVATIVE ECONOMY

XAP - XCELERATED ACTION PROGRAM



In partnership with Year of Action

XAP

“The timing is ripe for a program like this...” - FORBES

Our **XAP - Xcelerated Action Program** – teaches women the hard and soft skills to succeed *quickly* – all delivered with no time away from work.

Inspire and ignite the talent of women.

We help organizations pave the way for women to succeed. Our accelerated program boosts women's confidence, courage and clarity along with key business skills, by using practical action steps in a relaxed environment, to get results quickly. We also offer an optional onsite workshop for both men and women.

The program includes:



Optional workshop



8 weekly online group sessions



Graduation Retreat
6-month follow up

Sample clients include:



Key Benefits for Women:

- **learn** how to be more **strategic, focused** and set and achieve **high-reaching goals**
- **master business essentials** (communication, confidence, executive presence, goal setting, negotiations, financials, etc.)
- **increase productivity** with **time management** strategies and **accountability** for results
- develop an **entrepreneurial** and **action mindset** to see new **opportunities** to provide **value** in a company
- **push past fears** and doubts holding them back

Key Benefits for Companies:

- builds a **pipeline** of **women leaders**
- provides a **cost-effective, enjoyable** and **action-based** solution for **training new** and **aspiring leaders**
- **motivates, educates** and **inspires** employees to be more **engaged, productive** and **valuable** contributors
- **delivers results quickly** in an accelerated program with no time away from work
- offers a Continuing Education **Certificate** from the Center for Innovation & Entrepreneurship at **UMass Boston College of Management**

XAP
XCELERATED
ACTION
PROGRAM

The XAP has **8 weekly online group sessions**, materials, private website to connect and ask questions, a Graduation Retreat, 6-month follow-up and continued access to the alumnae network.

DATES: Online sessions - Call in Thursdays 7-8 pm
JAN 25 – MAR 15, 2018

Graduation Retreat: Saturday Mar 24, 2018
at The Taj in Boston.
(Hotel/travel not included.)

FEES: \$995 for 8-week program and retreat.

Optional company workshop and materials for up to 100 (men and women): \$5500



Register for the Winter session: <http://yearofaction.com/xap> • Email: xap@yearofaction.com • Call/Text: 617-640-4575

XAP - XCELERATED ACTION PROGRAM FOR WOMEN

Fast Track Professional Development Program for Women from UMass Boston and Year of Action



MODULE 1

Get CLEAR on what you want.

Learn how to get focused and get past what's holding you back in your career

- WEEK 1: Be Unstoppable
- WEEK 2: Set 90-Day Goals
- WEEK 3: Get Focused
- WEEK 4: Get Clear on Your Value

You will complete *Action Sheets* and videos on:

- Goal Setting
- Time Management/Analysis
- Productivity Tools and
- Exercises to develop your confidence, skills, strengths and more

By the end of this module you will learn:

- a process to push past fear and doubts and get results
- a system for how to set and reach goals
- how to focus on actions that get results
- how to work in sprints (like developers) for faster results
- how to identify strengths and skills
- how to develop an entrepreneurial mindset to solve problems from a new perspective

MODULE 2

MUST-HAVE Business Basics

Learn the basics of Communication, Financials, Negotiations and Sales

- WEEK 1: Own the Room
- WEEK 2: Know the Numbers
- WEEK 3: Negotiate Like a Pro
- WEEK 4: Sell it – and your Action Plan for success going forward

You will complete *Action Sheets* and videos on:

- Communication
- Meeting/Email Etiquette
- Delivering a Winning Pitch/Presentation skills
- Negotiations
- Finance Basics
- Sales Skills

By the end of this module you will learn:

- how to *own the room*; how to speak up and be heard
- how to negotiate better (job offers, salary, vendors)
- how to develop your executive presence
- where you offer the most value in an organization
- how to understand basic financials of a company
- how to create your action plan for success going forward



HOW DOES XAP WORK?

1. You can choose to start with a **workshop for both men and women** at your organization for up to 100 participants.
2. A smaller cohort (typically 30-40 women) will begin the 8-week online **XAP**.
3. Online students get **weekly emails** with **action** challenges.
4. **Material** is hosted on a **private website**. There is a private online group to **connect, ask questions, share resources**.
5. There are **8 Weekly Online Group Sessions**, 7-8 pm EST, for coaching, connecting, reviewing material, keeping you motivated and moving forward, meeting guest speakers and more. You can call in from anywhere.
6. There is a **Graduation Retreat in Boston**, a **6-month follow-up** and continued access to the alumnae **network**.

HOW MUCH TIME DOES XAP TAKE?

Estimate 2-3 hours a week – which includes 1-2 hours of work and 1 hour for the weekly call. Plus, the work can be completed in short bursts of time.

Students who complete the program receive a **certificate** from the **Center for Innovation & Entrepreneurship, UMass Boston College of Management**.

FACULTY DIRECTOR

The program is taught by Erin McCormick, Director, Center for Innovation and Entrepreneurship at UMass Boston and former Director, Curriculum Innovation and Technology at Babson College. She was a former CIO, has started three companies and author of *Year of Action: How to Stop Waiting & Start Living Your BIG, Fabulous Life*.



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