



**Essex Care
Association
Women's Leadership
Network**

***Raising Curiosity. Building
Confidence***



‘Bringing the female perspective to leadership in care’

- Open to all current and aspiring female managers/leaders who are ECA members.
- We will meet Bi-monthly moving to Quarterly after 6 months.
- Venue will move across the county and be a combination of online and face to face events, flexing between late afternoon and early evening.
- We will invite guest speakers.
- Together we will build new skills, broadening perspective and understanding people better.



Join us at St Helena Hospice, 23rd January 2025 @ 3-5pm

Please contact Hannah McLaughlin, Development Manager at ECA with any queries or for more information hannah.mclaughlin@essexcare.org.uk

Kindly sponsored by

StHelena
For the people you love

Come and join us!

We are passionate about seeing women achieve and progress in their roles to a level they are happy with.

Social Care is a very female dominated sector, up to a certain point, yet so many of us possess all of the skills required to progress if we wish to, so what is preventing the progression – Confidence? Time? Already feeling stretched enough with work and home life? A touch of imposter syndrome?

Management can also be a very lonely place, so, we are thrilled to be involved in getting the Women in Leadership group off the ground as a way to address and support each other with all of the above.

We would like to see a space where women support each other, champion each other and where we can grow in skills and confidence to support our current managers and leaders, as well as support and nurture the next generation of managers and leaders of social care.

Meet the Network Founders



Hannah McCaughlin *Development Manager ECA*

Hannah has over 15 years' experience in social care and management and is very passionate about female leadership in care. 'Every meeting with the Network founders leaves me feeling uplifted and positive, and I cannot wait to bring that to the members of the Women in Leadership group.'



Shani Levy *Associate Director of St Helena Care Services.*

Shani is an experienced care leader and is so excited to be part of the group to empower women in leadership roles to challenge the status quo, support each other to navigate our working roles and the second shift at home, share tips to support each other in a safe space.

<https://www.linkedin.com/in/shani-levy>



Michelle Cook *CEO Acorn Village*

Michelle has over 25 years' experience leading in health and social care. 'There is something incredibly uplifting about being around other women and creating a positive and safe space to share our experiences of social care leadership alongside navigating genuine work/life balance, I'm really excited to be part of this opportunity'

<https://www.linkedin.com/in/michelle-cook-13505a93/>



Laura Marshall *Partner and Co-Founder L&L Consultancy Group Ltd*

Laura is a healthcare leader, nurse and improvement specialist who now spends her time supporting individuals and organisations to bring improvement into teams and organisations. She is an experienced leadership coach, facilitator and trainer. She is committed to empower women to lead and be leaders in health and care.

<https://www.linkedin.com/in/lauramarshall/>

Agenda

Facilitated by Laura Marshall

- 3pm Connections
- 3.30pm Opening round and Introductions
- 3.35pm Resilience.
How do we maintain our resilience?
- 4.00pm Focus Groups
What can we do differently from today to 'top up' and maintain our energy?
- 4.20pm Feedback from groups
- 4.35pm Closing Round
- 4.40pm Continue our networking and connections
- 5pm Close

Kindly sponsored by

StHelena
For the people you love

Booking

Please use the following link or QR code to book your place:



<https://www.eventbrite.co.uk/e/essex-care-association-womens-leadership-network-tickets-1105576913309>

Suggested themes for forthcoming events

- Leadership versus management
- Finance
- Peer support
- Shared experience of leading in care
- Managing and leading staff
- Exploring how we manage performance
- Working with misogyny
- Leading through Menopause
- Managing Conflict
- Leading with the 'Life Load'
- Communication
- Imposter Syndrome

Our next meeting **27th March 2025**

Join us at St Helena Hospice,

@3-5pm