

**10 DAYS FREE SELF- LEADERSHIP PROGRAM FOR WOMEN IN MALE  
DOMINATED INDUSTRIES.  
PRESENTED BY TINYIKO MOTILENI, LEADERSHIP AND BUSINESS COACH**

**You are welcome! To Day 10 of 10**

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(Presented by Tinyiko Motileni - Leadership and Business Coach, Thought Leader of the subject)

***Tools to assist you settle during the 1st 10 days in office as a female leader/worker***

Thank you for taking time to work on yourself as a female leader/worker. Day 1 and 2 were helping us to understand what we as leaders are capable of controlling before we can lead other people. Now day 3, 4, 5 and 6 are all about knowing yourself. In day 7 you learn to deal with emotions in the workplace and day 8 is all about the importance of direct communication especially for women leading/working in male dominated industries. Day 9 is about avoiding gossip in the workplace. We have now reached the end of our value piece and today Day 10 is all about the most needed support you will ever need when you work in the male dominated industries. You can only be the best version of yourself and lead others when you know yourself well (#self-leadership).

Let's carry on doing the work that we are called for.

**Day 10 of 10: The most needed support for women leading/working in male dominated industries**

**Support for women:**

- Women need to be supported in more ways including traditional support of education and soft skills offerings.
- Women support can also include just listening and offering a shoulder to cry on.
- But most of all the below most needed support for women will give them confidence to take the drivers seat without a doubt.

**Internal support from the company:**

- Most of the companies they offer support from HR in terms of training.
- It is important to find out if the company has policies that support women and they act on them.

This program is part of my own knowledge and my 20 years of experience in male dominated industries.

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- It was difficult for me in the past to experience that a company that I worked for never acted upon their abuse policy.
- Ask your company to device a budget for supporting women leadership and join my supporting group for women working in male dominated industries.

**External support from coaches/mentors:**

- An external supporting platform for women is very important.
- In my 20 years plus of leading in male dominated industries I never reported to a female boss, hence I felt so lost sometimes because I wished to have someone who understands where I come from when I come across leadership challenges.
- Hence, I decided to offer this support to women working in male dominated industries.
- If the company cannot offer external support services like coaching or mentoring, I strongly advise you get that support for yourself, it will help you to reduce or heal your wounds before they turn into depression.
- I was lucky my body didn't allow me to sleep into depression until I got support from my coach.
- You can join my support group for women working/leading in male dominated industries.

**Support from the females:**

- We must respect each other
- We must stop the pull her down syndrome
- We must lift each other up
- Be the sister's keeper (fix each other's crowns)
- If we don't stand together, we won't be able to change the narrative or status core about women leadership
- Stop having insecurities

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**Support from the males:**

- Men need to know that we need them to believe in our leadership as they believe that we can take care of the homes
- They must respect us
- They mustn't take us for granted
- They mustn't reduce us to nothing
- They mustn't think that leadership is for males only

**Support from the family:**

- I never told my parents or sisters about what was going on at work
- I never talked to my kids about my work situation and now that I started this coaching work, they are free to discuss their working situations with me.
- My kids and partner know about it and they give me the most needed support
- It is important that your family knows about your challenges so that when you come back home in a different mood everyone gets to understand what happened.

**Exercise 10**

**Knowing yourself**

- Have a meeting with your family and explain to them the type of work your doing, the good and the bad that comes with your position. Ask them to understand the pressure that comes with your position.
- Talk to your superior especially if is a he, and let him know about the support that can make your life easier.
- Choose one task that you can do to pull up other females in your working space.

*All leaders have both an agenda they're driving and an agenda that's driving them. The agenda you're driving is the business part of it. The agenda that's driving you is the psychology part.  
— Robert Kegan, "When to change how you lead," McKinsey Quarterly (Discprofile.com)*

**For easier access to the program go to my website**

**[tmstrategicprojects.com](http://tmstrategicprojects.com)**

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**Video**

**Check my Facebook video to understand more on most needed support for women leading/working in the male dominated industries**

<https://www.facebook.com/groups/187265873034832/>

Thank you for taking time to work on yourself in order to become a great female leader in male dominated industries!

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