

Our ten-session ATHENA training programs are designed to ignite female leaders through inspirational training programs that meet individuals where they are in their leadership journey and usher them into a new paradigm of self-discovery. The ATHENA Leadership Institute™ offers inspiring, empathy-based programs for community and organizational leaders as well as emerging leaders looking to grow personally and professionally.



*10 x 2-hour sessions • Register online at GreaterRochesterChamber.com.
Seminars are held online via virtual platform.*

Curriculum Components:

- Workbook/journal to guide current & future life and leadership
- Motivating needs & behavior assessment
- Access to ATHENA International's Networking Portal
- Personalized roadmap for the next steps in your journey
- Local guest speakers from industry experts

Traditional leadership development is focused on teaching people management. However, we know management is very different than true leadership. Management-focused programs don't teach individuals how to foster personal growth and development in themselves and others, or walk them through the process of self-discovery. ATHENA bridges this crucial gap.

Predictive Index: Get the right people in the right roles

All participants will work with MindWire® to get personalized, priceless behavioral assessment via The Predictive Index™. The results can be used to:

- Operationalize behavioral insights
- Enhance leadership effectiveness
- Measure & leverage natural talent
- Predict & increase performance
- Build more successful teams
- Increase high performers

Series Cost: Greater Rochester Chamber members: \$750 | Non-members: \$1,000

Questions? Cassidy.Franklin@GreaterRochesterChamber.com

*Greater Rochester Chamber's Chamber Academy is supported
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The 2025 women's training will cover the following themes:

- Session 1: Welcome and Introduction
- Session 2: Predictive Index (PI)
- Session 3: Live Authentically
- Session 4: Learn Constantly
- Session 5: Build Relationships
- Session 6: Foster Collaboration
- Session 7: Act Courageously
- Session 8: Advocate Fiercely
- Session 9: Give Back
- Session 10: Celebrate

"Thank you for this amazing transformation program. I feel like I walked in one person and walked out a different person with a renewed sense of worth and belief in my abilities. It was scary at times to speak up, but then I saw how this can change the situation and bring back joy and confidence. Thank you for the safe and inclusive environment where we could share openly and find solutions."

- *Testimonial from a 2024 Training Cohort Member*

Meet the certified ATHENA International Trainer:



Sesha Yalamanchili

Women's Course Certified Trainer

Focused on driving results, Sesha leverages her extensive background in sales, marketing, operations, and innovation to influence organizations of every size and scope. From entrepreneurial startups to large corporations, Sesha's vast real-world experience spans careers in consumer goods, technology, banking, healthcare, and insurance.

Sesha has an inherent ability to comprehend the many issues and challenges that face organizations in today's world of constant change, disruption, and uncertainty. Passionate about empowering others with the knowledge, tools, and resources they need to make an immediate impact, Sesha works with business professionals to sustain long-term results at their organizations.

A seasoned leadership consultant and trainer with nearly two decades of business experience, Sesha specializes in equipping leaders with the knowledge, tools, and resources to make an immediate impact in their organization. "Understanding real world challenges from the human perspective is key to helping professionals accelerate their growth as leaders," she says.

