

Ready to lead with purpose? Offered each spring and fall, the FOCUS Women In Leadership (WIL) program offers the opportunity to refine your personal, professional and civic leadership competencies, learn about the St. Louis community, and connect with other women from diverse backgrounds.

Along the way, you'll hone your facilitation, negotiation, and communication skills, explore issues facing our region, and tap into resources to become a more effective leader.

Who Should Apply

Women In Leadership is open to women of all ages with a desire to strengthen their leadership skills and effectiveness. Ideal candidates include mid-level managers, entrepreneurs and community leaders. Like all FOCUS programs, classes are selected to represent the diversity of the St. Louis region.

Alumnae leave the program with a deeper understanding of themselves and their goals, along with the knowledge, skills, resources and networks to bring those goals to life. You'll also join the network of more than 11,000 FOCUS alumni.

"To say my experience with Women In Leadership was life-changing is an understatement. I learned so much about myself and my hometown that I love so much."

— Andi Blaylock

WHAT TO EXPECT

Curriculum

Program days include a mix of speakers, interviews with regional leaders, small-group discussion, interactive exercises and reflection activities, led by FOCUS' experienced facilitators, subject-matter experts and regional leaders.

While program content is continually evolving to meet the needs of each class, the curriculum covers:

- Understanding Diversity, Equity & Inclusion
- Leveraging Your Strengths & Emotional Intelligence
- Personal Brand Management
- Negotiation Strategies
- Field Days - Exploring Leadership Across Sectors

Participants also engage in a small-group Capstone Project and a self-directed Personal Leadership Project.

Commitment

The Women In Leadership program consists of four seminars, held on Saturdays, and three Field Days, held on Thursdays. Seminars and Field Days give you the opportunity to immerse yourself in the region, explore different styles of leadership and talk with business, community and civic leaders.

Impact

In a survey of our 2023-24 graduates:

- 96% left the program with strategies and tools to enhance their leadership competencies.
- 96% felt they increased their ability to look at issues from multiple angles, seek out new perspectives, and take meaningful action.
- 93% gained experience and training in negotiation strategies.
- 87% feel more comfortable networking as a result of the program.



“Through Women In Leadership, I did more than expand my network — I stepped into a close-knit community of women leaders from all walks of life who are committed to celebrating my every win and supporting me through every challenge.” —Shannon Durio

Application Process

Applications for the FOCUS Women In Leadership program can be found online at www.focus-stl.org. Two recommendations are required; a link to the form is available online.

For those interested in learning more, we'll be hosting a virtual Info Session on May 20 from 12-1 p.m.

The application deadline for our Fall 2025 class is Monday, July 7, 2025. Applicants will participate in a Saturday half-day interview and selection process.

You may also nominate an employee or colleague for the program online, and we will follow up to provide them with the application materials.

Tuition

The tuition for the Women In Leadership program is \$2,500, which includes a complimentary FOCUS St. Louis membership during your time in the program.

Tuition is often covered in part or full by the participant's employer. Partial scholarship assistance is available to those with demonstrated financial need.



About FOCUS St. Louis

Recognized as a national model for civic leadership development, FOCUS St. Louis provides diverse leaders with the civic awareness and powerful connections needed to be collaborative changemakers who advance a thriving region for all.

FOCUS offers a continuum of programs to engage leaders at every stage of their journey, from high school students to senior executives. More than 11,000 individuals have completed our programs, and FOCUS alumni and members are leaders who make a difference – in their workplaces, in their communities and throughout our region.

Change starts with leadership. Leadership starts with FOCUS.

FALL 2025
PROGRAM
DATES

MONDAY, JULY 7	Application Deadline	
SATURDAY, JULY 26	Selection Day	8:30-12:30 p.m.
THURSDAY, AUG. 28	Orientation	3:00-6:00 p.m.
SATURDAY, SEPT. 20	Seminar Day	9:00 a.m.-4:00 p.m.
THURSDAY, SEPT. 25	Field Day	9:00 a.m.-4:00 p.m.
SATURDAY, OCT. 11	Seminar Day	9:00 a.m.-4:00 p.m.
THURSDAY, OCT. 23	Field Day	9:00 a.m.-4:00 p.m.
SATURDAY, NOV. 8	Seminar Day	9:00 a.m.-4:00 p.m.
THURSDAY, NOV. 20	Field Day	9:00 a.m.-4:00 p.m.
SATURDAY, DEC. 13	Seminar Day	9:00 a.m.-4:00 p.m.
MAY 2026	FOCUS Now	TBA

Thank You to Our Women In Leadership Supporters!



Foundation

For More Information

Visit www.focus-stl.org or contact Recruitment & Alumni Engagement Manager Kayla Dix at kaylad@focus-stl.org or (314) 657-4020.

focus-stl.org

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