FOCUS St. Louis

WOMEN IN LEADERSHIP

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 across sectors and 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.

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.

> "Women In Leadership was so affirming and validating for where I am as a leader and a woman, but it also pushed me out of my comfort zone to thoughtfully consider how I can continue to grow."
>
> — Colleen Suber

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:

- Leveraging Your Strengths & Emotional Intelligence
- Personal Brand Management
- Negotiation Strategies
- Field Days - Exploring Leadership Across Sectors

Participants also complete a self-directed Personal Leadership Project.

Commitment

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

Impact

In an evaluation of recent Women In Leadership graduates:

- 100% better understand their strengths and how to use them to achieve their professional goals.
- 100% felt they increased their ability to look at issues from multiple angles, seek out new perspectives, and take meaningful action.
- 100% broadened their network and developed meaingful relationships.
- 100% would recommend the program to others, and 94% felt better equipped to lead.



"Women In Leadership was one of the most meaningful professional experiences I've had. I'm walking away with new perspectives, stronger connections, and a deeper commitment to leading with purpose, both in my career and in the community." — Amy Simpson

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 Sept. 29 from 12-1 p.m.

The application deadline for our Spring 2027 class is Saturday, Nov. 7, 2026. Interviews will take place Saturday, Dec. 5, from 8:30 a.m. to 12:30 p.m.

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 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.

SPRING 2027 PROGRAM DATES

SATURDAY, NOV. 7	Application Deadline	
SATURDAY, DEC. 5	Selection Day	8:30-12:30 p.m.
THURSDAY, JAN. 28	Orientation	2:00-5:00 p.m.
FRIDAY, FEB. 12	Seminar Day	9:00 a.m.-4:00 p.m.
THURSDAY, FEB. 25	Field Day	9:00 a.m.-4:00 p.m.
FRIDAY, MARCH 12	Seminar Day	9:00 a.m.-4:00 p.m.
THURSDAY, MARCH 25	Field Day	9:00 a.m.-4:00 p.m.
FRIDAY, APRIL 9	Seminar Day	9:00 a.m.-4:00 p.m.
THURSDAY, APRIL 29	Field Day	9:00 a.m.-4:00 p.m.
FRIDAY, MAY 14	Seminar Day	9:00 a.m.-4:00 p.m.
MAY 2027	FOCUS Now	TBA

Thank You to Our Women In Leadership Supporter!

RGA Foundation

For More Information

Visit www.focus-stl.org or contact Program Director Shalia Ford at shaliaf@focus-stl.org or (314) 657-4021.