

A black and white photograph of a woman with long hair, smiling and looking out a window with horizontal blinds. She is wearing a dark, long-sleeved sweater. The background is slightly blurred, showing the window and some indoor elements.

Gravitas. Growth. Game-Changing.

EXECUTIVE
LEADERS
PROGRAM

CEW

ENABLING EXCEPTIONAL *EXECUTIVE* LEADERS

Our program is designed to be fully immersive, reflective, and conducted in very small cohorts. This enables one-on-one guidance in a private environment, creating psychological safety to experiment, learn, and transform.

This curated 5 day leadership experience will empower you to overcome challenges and seize opportunities to amplify your gravitas as an exceptional leader.

DO YOU *SEEK* TO:

Demonstrate your impact with resonance

Work on what you say, and how you say it

Overcome negative perceptions

Supercharge your career trajectory into executive and board positions

“Gravitas is critical to leadership:
grace under fire, decisiveness,
emotional intelligence, the ability to
read a room, integrity, authenticity,
a vision that inspires others and a
stellar reputation.”

LEADING WITH GRAVITAS

Gravitas was one of the ancient Roman virtues that denoted 'seriousness' and also translates as 'weight, dignity, and importance connotes restraint and moral rigor'. It also conveys a sense of responsibility and commitment to the task.

Although gravitas could be considered a nebulous concept and 'something you are born with', CEW believes it can be taught and indeed learnt.

THE PROGRAM WILL:

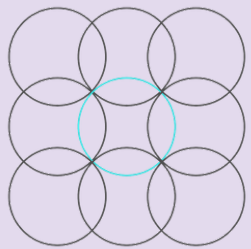
- Foster self-awareness and empower executive teams to better use their individual and collective strengths
- Formulate your personal brand
- Develop presence and composure
- Develop unconscious competence



A LEADERSHIP

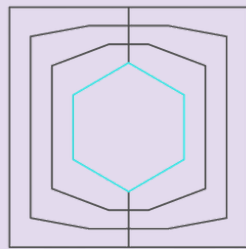
RETREAT

The Executive Leaders Program is a five day program offered as a face-to-face residential retreat. This is deliberate so that participants have the focus, time, and space to immerse themselves, experiment and build new competencies to harness the power of confidence and communication.



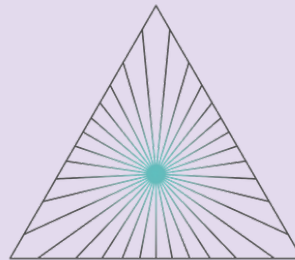
STRENGTH

A natural talent that with investment becomes powerful



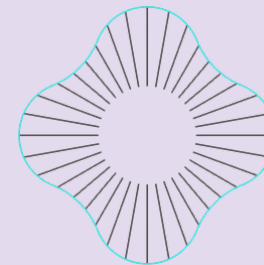
STORY

A narrative that articulates purpose and passions and distinguishes from others



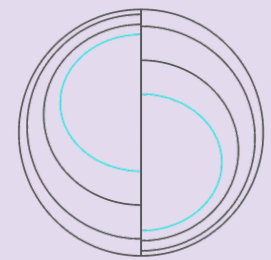
SELF

A person's essential wellbeing and sense of inner confidence



PRESENCE

The fact, state or feeling of being fully present



RESONANCE

The power to evoke enduring memories and emotions

PROGRAM *IMPACT*

100%

of participants agreed the program had a positive impact on their knowledge, skills, attitudes and behaviours

100%

of participants agreed they built relationships to form a strong network

100%

of participants agreed the program met their intended goals and objectives

100%

of participants agreed the program helped develop their gravitas through strength, story, self, presence, and resonance

100%

of participants agreed the program helped address their specific needs and/or interests

+100

Net Promoter Score for 3 consecutive years



“This program is truly unique, unlike anything else available. It’s an immersive journey from day one to day five, deeply engaging and transformative. The structure, content, and support made it a life-changing experience, equipping me with skills that have reshaped my approach to leadership and most importantly, my views on my own impact and ‘Gravitas’.”

JESSICA LOGAN

TRUSTED GUIDES ON YOUR JOURNEY

SARAH ROWLEY



Sarah Rowley has over 25 years' experience, and has worked with more than 800 clients from leading ASX companies.

Sarah is credentialed by the Executive Coaching and Leadership (IECL), Gallup, LSI Human Synergistics, Wellness Coaching Australia and Time To Think Ltd. She also holds a Masters in Relationship Therapy and memberships with the Australian Counselling Association, the British Association of Counselling and Psychotherapy, and the UK Council for Psychotherapy.

Sarah now leads the Leadership Development Practice at CEW, where she has co-developed and delivers the CEW Leaders Program and Executive Leaders Program. Sarah's superpower is to help executives rethink, reframe and reconnect with their own thoughts, ideas, hopes and aspirations to amplify their leadership. Her unique blend of experience enables Sarah to make meaningful connections between individual coaching and organisational goals.

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TRUSTED GUIDES ON YOUR JOURNEY

SAM JACOB



In their professional realm, Sam brings more than 30 years' experience in the sector, including as DVC at Charles Darwin Uni and CCO at Torrens Uni. Sam's current role is CEO at the Australian College of the Arts (Collarts), a dual-sector, independent provider, ranked QILT #1 in Australia in student engagement for creative education.

Sam is a specialist in conceptualising the future of higher education, inspiring organisations to meet customer needs. They believe that education transforms hope into agency, powering up activists and changemakers. Sam has fallen in love with Collarts, seeing living proof every day that creativity is vital, difference is powerful, and stories change the world.

Sam has served on several community boards and currently volunteers for the Pinnacle Foundation. They are an experienced keynote speaker on the power of stories, the role of humans in an AI world, the future of higher education and models of leadership.

TRUSTED GUIDES ON YOUR JOURNEY

DR LOUISE MAHLER



CEW is also delighted to be partnering with Dr Louise Mahler to facilitate and work one-on-one with participants on the elements of gravitas, confidence, impact and influence. Louise is a highly acclaimed speaker, executive leadership coach and is well known for her innovative methods in personal transformation. She moved from the Vienna State Opera back to Australia and completed an award-winning PHD on the unsung wisdom of the mind-body-voice connection, writing two books with Penguin Random House and Wiley.

Louise has worked with Fortune 500 clients and has been awarded with 'Global Top 30 Gurus in Communication', 'Speaker of the Year' and Top 100 Female Business Influencers internationally.

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TRUSTED GUIDES ON YOUR JOURNEY

JO STANLEY



Jo Stanley is a versatile media professional with over 20 years of experience across radio and television broadcasting, as well as a columnist and podcaster. She is the creator of the Play Like a Girl kids' book series, and her background in stand-up comedy enhances her appeal as an MC and speaker.

After 12 years in breakfast radio, she is now developing Broad Radio, Australia's first women's radio network, with a vision to connect women globally.

Jo is a passionate advocate for women's health, gender equality and social justice. She is Head of Partnerships at Lighthouse Foundation, a patron of Lighthouse Foundation and Wellsprings for Women, and an ambassador for Fitted for Work and Left Write Hook.

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ALESSANDRA EDWARDS

Alessandra Edwards is a C-Suite Wellbeing and Performance Advisor who helps leaders optimise their energy, brain health, and cognitive performance through the lens of genetics, neuroscience, and biology.

With over 18 years' experience as a health scientist, clinical nutritionist, and epigenetic coach, and currently completing a Master's degree in Neuroscience and Mental Health, she works with CEOs and executive teams to build resilience and long-term performance.

Her work translates complex biological science into precise, personalised strategies, grounded in a deep understanding of the demands of executive life.

Alessandra is the author of the forthcoming book *The DNA of Performance: How to Unlock Your Genes for Unstoppable Energy and Vitality*. She also serves on the board of Tide & Time Alliance, a not-for-profit focused on dementia education and community support.

Places are limited as cohorts are small and intimate in size, so please register your interest.

PROGRAM ONE

9-
13
NOV 2026

Intercontinental, Sorrento

[Enquire now](#)

PROGRAM TWO

24-
28
MAY 2027

Intercontinental, Sorrento

[Enquire now](#)

DEFYING *GRAVITY* THROUGH *GRAVITAS*



To register or ask any questions please
contact **leadersprogram@cew.org.au**.

CEW is excited about the prospect of
hosting you for this leadership retreat and
seeing many more senior women in
executive positions driving the equality
agenda forward in Australia.



2023 CHIEF EXECUTIVE WOMEN
ABN 72 192 201 209