



FIRST STEPS

**First Steps from mediocrity to intentionality.
For HER. *Human Expansion, Realized.***

First Steps is a foundational 90-day co-created, transformative growth experience for Indigenous and non-Indigenous women who are ready to begin and follow a daily practice of personal leadership .

A macro transformation through highly integrated micro steps to ensure who you are today is not who you will be in the future. Using episodic and interactive digital media to story-tell situational-based scenarios, participants engage in monthly mastermind sessions to practice, present, explore, and discuss the tough decisions required for each scenario. Daily investment is centered around reflection and integration to collectively advance individual thinking into a bolder expression of their fullest potential as a leader and impact champion.

Each episodic and interactive module contains five core learning and leader development components:

- 1. Listening for core truths.**
- 2. Indigenous seven-generation wisdom grounded in sustainability, wholeness, and wellness.**
- 3. Physical integration and intentional reflection with accelerated growth tools.**
- 4. Real-life, real-time situational scenarios, group presentations, and discussions.**
- 5. Self-evaluation and peer-to-peer interaction.**

What makes First Steps different is its current events-based, practical, and evolving curriculum which mirrors the advanced situational leadership women are faced with right now.

EPISODIC LEARNING | MASTERMIND SESSIONS | INTEGRATION TOOLS

First Steps meets leaders where they're at while respectfully holding the belief of all they are here to become. Developed by Indigenous changemaker, Charlene SanJenko, and a non-Indigenous human systems disruptor, Christina Benty, this dynamic, ever-evolving interactive framework bridges, adapts, and reflects the complex landscape leaders find themselves in.

Day-by-day, week-by-week over the course of 90 days, women are invited to participate in a process that encourages them to explore what the First Steps into their desired future reality might look and feel like and then holds them accountable to taking the steps they are ready to begin with.

Produced by PowHERhouse, the purpose of First Steps is to provide women leaders with all-too-valuable 'practice time' in an honest yet nurturing space designed for role-playing, truth-telling, stretch-thinking, fierce dialogue, finding their voice, and reciprocal learning.



FIRST STEPS

We support the incredible leader you are, holding space for *all* of who you are here to become.



Meet Charlene SanJenko - Facilitator

Indigenous Founder, Author, Speaker, Progressive Performance Coach, Media Visionary, Former two-term Politician and Community Economic Development Enthusiast, Charlene SanJenko has committed her life's work to the expansion of human potential.



Meet Christina Benty - Facilitator

Non-Indigenous Retired Politician, Human Systems Change Agent and Builder of Organizational Excellence in Leadership and Governance, Christina Benty inspires leaders to first and foremost develop their own leadership muscles, welcome curiosity into discomfort, and expose the stories that stand in the way of partnership and collaboration.

"First Steps walks beside leaders who crave a richer, more intentional experience of who we are, how we show up in the world, and the impact we're here to make. Since 2000, we have been committed to the exploration and expansion of human potential. First Steps is a compilation of our top findings and best practices synthesized into a model and methodology that works... and works... and works... for HER."

~ Charlene SanJenko
PowHERhouse Founder

"We (women) haven't brought what it is that we have to bring to this table yet. We are just discovering what it is that we can bring."

~ Dianne Whelan
Impact Artist, 500 Days in the Wild

"First Steps creates a learning environment designed to advance our collective wisdom and expedite our own transformation. The content is dripped out like an IV of nutrients that build internal capacity for leaders managing in a world of ambiguity and complexity."

~ Christina Benty
Retired Politician, Human Systems Disruptor

This creative leadership development initiative is guided by a team of in-the-field peer champions, experientially-driven rather than content-driven.

Deliberate. Dynamic. International.



Contact us [HERE](#).