



Retreat

Women in Leadership

15 to 18 October 2026

Lift Your Gaze

Women in leadership benefit from being deliberate and intentional about their growth; and connecting with a community of like-minded women.

In 2026 Women&Co is launching a series of three-day Retreats, in beautiful destinations for you to step away from the 'busyness' of your workplace and focus on catapulting your growth. Lift your gaze as you focus on yourself, your leadership and the possibilities in your career.

Our blend of human focused leadership together with the knowledge of career relevancy, individual and collective blockers and workplace reality, combines science and art, as you purposefully build your pathways ahead.



Spend a long weekend in a unique environment that encourages you to reflect, connect, network and design your own path to leadership growth. Partner with a multidisciplinary team of psychologists, leadership coaches and wellness experts who understand the context and challenges of being a woman in leadership.

Join like-minded women and leading faculty

Have key conversations, share the latest research and plan your own unique growth path to ensure your relevance in a rapidly changing world.



To step fully into your unique leadership style.



To build your impact and influence with strategic stakeholders



To unlock the value of a powerful network



To recognise that women's health is unique and it really matters to build healthy longevity as a leader



Pause, look up from the daily grind and purposefully build your pathway ahead. This isn't just a getaway, it's a blend of storytelling, science and psychology designed to build your voice, visibility and value.



A Premium Experience

This premium experience includes pre-retreat onboarding, airport transfers from Johannesburg, full accommodation and meals for 3 nights, an exclusive leadership experience and resources, game drives, guided walks, and a curated welcome pack.

We have selected faculty that fully understand the challenges of being a women leader and who are passionate about sharing their knowledge to unlock capabilities to thrive.

You may choose to continue your journey with optional coaching, mentoring local entrepreneurial women, masterclasses and facilitated discussions with a community of female leaders.



Book your Discovery
Call and
find out more.

hello@womenco.io



More about Women&Co

Leadership pipelines are stalling. The cost of replacing mid to senior talent is rising.

And organisations are under pressure to demonstrate meaningful progress on gender equity - not just compliance.

The issue is not a lack of capable female talent. It's that leadership is assessed and developed in environments that were not designed with women's realities, responsibilities, or leadership strengths in mind.

The question is no longer whether organisations care about advancing women. The question is whether they are equipped to do it in a way that is strategic, measurable, and culturally sustainable.

Women&Co exists to solve this.

We design and deliver psychologically grounded leadership approaches that build confidence, voice, and strategic influence in women - while working with organisations to create the cultural conditions in which that leadership can thrive.

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We're also about
**Collaboration, Community
and Collective Action**

As our name suggests,
we're about the '&':

Diverse stakeholders

The wider
organisation

Leaders who want to
build Inclusive cultures

Women&Co is a boutique leadership development consultancy focused on advancing women in the workplace through evidence-based, psychologically grounded approaches that balance inner transformation (confidence, mindset, resilience) with outer impact (leadership, visibility, strategic value).

We sit at the intersection of leadership development, gender equity, and organisational culture change - offering corporates a partner that combines academic rigour, practical workplace insight, and measurable behavioural outcomes.

We are distinct because

- We design bespoke, research-informed approaches rather than off-the-shelf courses.
- We focus on embedding change and measuring real impact (stories of change, pulse checks, qualitative and quantitative metrics).
- We work in partnership with HR and leadership teams.

Our delivery blends psychology, coaching, and lived corporate experience to create lasting shifts in culture and capability.

Why hire Women&Co:

- Address gender imbalance and build a healthier leadership pipeline.
- Retain and progress talented women who are stagnating mid-career.
- Demonstrate measurable progress against diversity goals and ESG targets.
- Create more confident, effective, and self-aware leaders at every level.
- Align leadership development with modern realities - hybrid work, burnout, flexible careers, and social responsibility.



We are passionate about partnering with organisations that understand the business value of diversity, equality and inclusion to develop women and women in leadership.

We work towards building workplaces that have gender parity and value individuals equally, realising the opportunity that diversity and inclusion can bring.

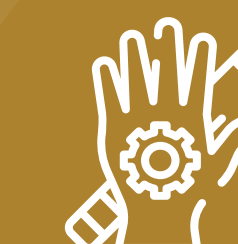
Consulting

We advise organisations on policies, practices and experiences to build towards gender parity, diversity and inclusion. We've tracked metrics from our work with hundreds of women located globally to demonstrate the value that diversity, equality and inclusion can bring; and we have built a methodology and roadmap to help organisations realise this value.



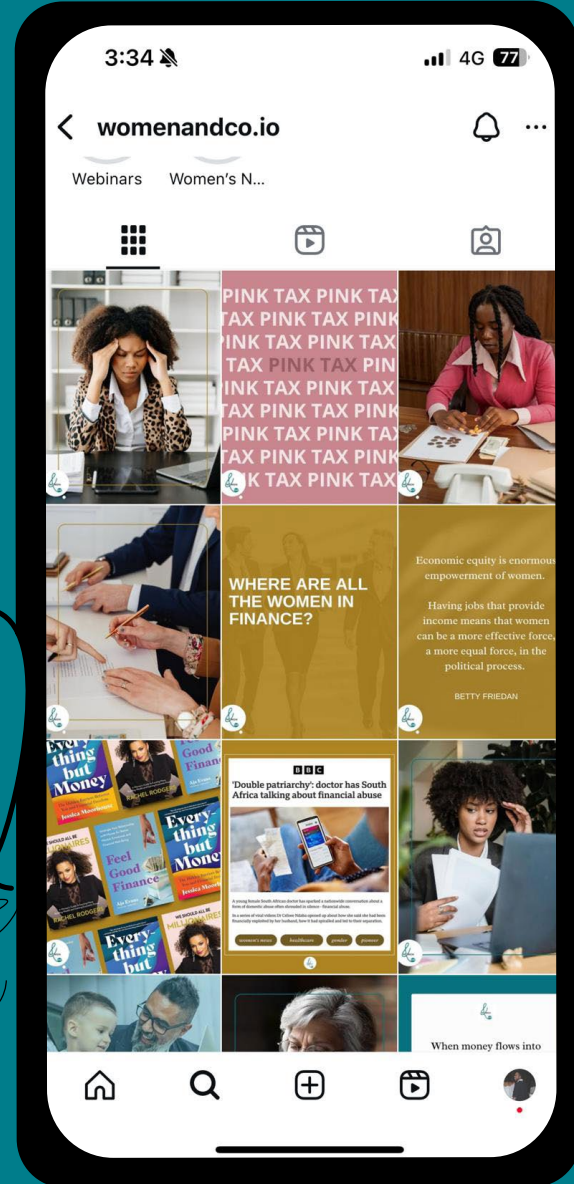
Coaching

We coach women, leaders and teams across the organisation to catalyse individual and workplace change. We create opportunities to build high performance and engaged careers, and teams that are positive and productive, where everyone can bring their best contribution.



Programmes

We consult with our clients to develop, design and deliver programmes that fit their environments built on our best practice Spark, Ignite and Ascend foundations.

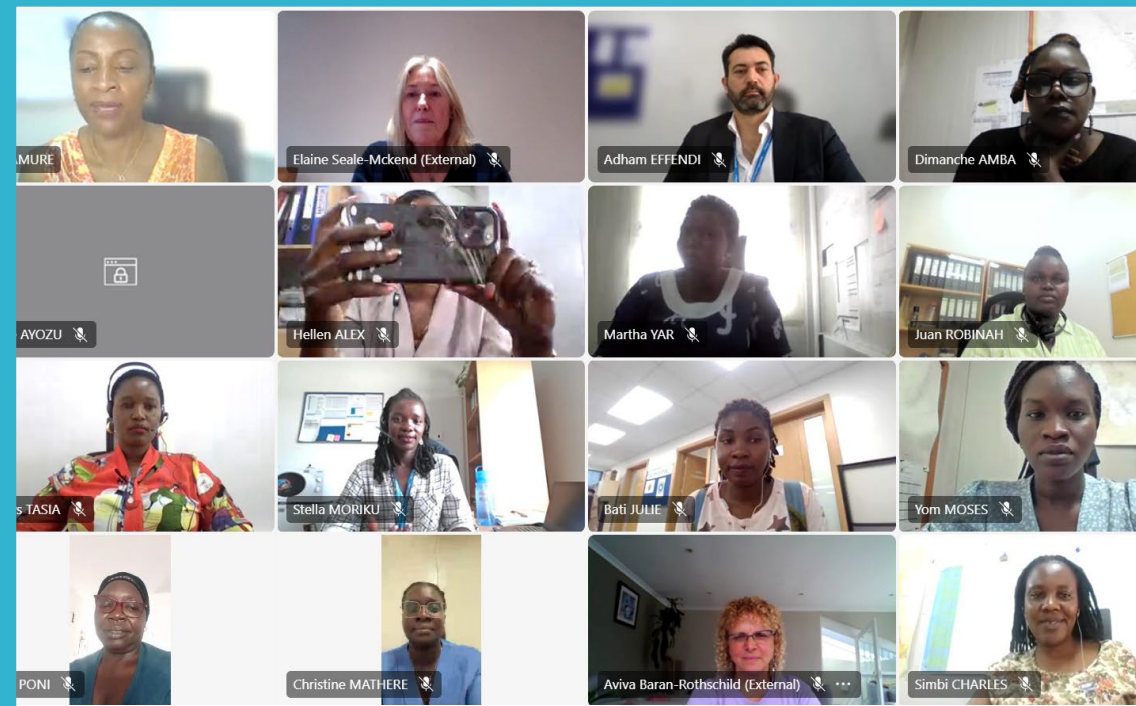
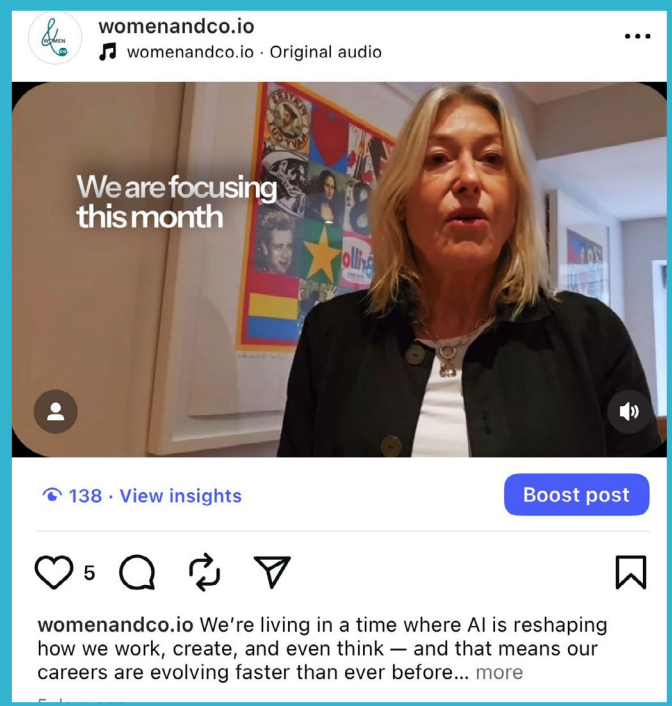
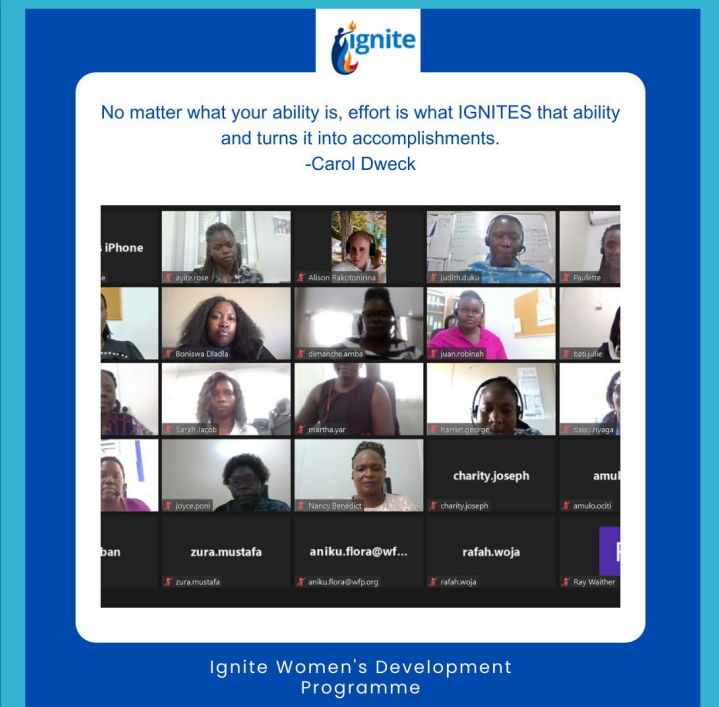


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connect with you!

Our Clients



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