



CORE

Woman



CORE

Man

CONFIDENCE | OWNERSHIP | RESPECT | EMPOWERMENT

CORE Woman and CORE Man

Two dynamic personal and professional development programmes designed to help employees thrive in the fast-paced, complex 21st-century workplace.

What are the CORE programmes?

Created by Clare Bell and the CORE Collective, CORE Woman and CORE Man are gender-specific programmes built around four central themes: Head (mindset and self-talk), Heart (emotional intelligence), Voice (authentic communication and influence), and Body (wellbeing and motivation). Each programme develops four essential strengths: **self-awareness, self-belief, self-management, and self-care.**

Benefits

- Stronger confidence, emotional regulation, and resilience.
- Clearer, more assertive communication and self-advocacy.
- Greater engagement, wellbeing, and ownership of development.
- Improved retention and loyalty through your values-led investment in people.
- Positive influence on team culture through mindset and behaviour shifts.

Programme format

Typically delivered across four workshops over several weeks or months, the programme can also be adapted for your context. Sessions include optional 1-to-1 coaching, small group support, self-directed learning, and optional outdoor experiential elements.

Why gender-specific spaces matter

CORE programmes provide safe, focused environments to explore gendered workplace experiences. Women often speak more freely about ambition, voice, and confidence in all-women spaces, while men engage more openly with emotional literacy and wellbeing in male-only groups. These spaces aren't about exclusion - they're about **relevance, safety, and impact.**

Who might benefit

- ✓ Organisations with a focus on:
 - Women's leadership progression
 - Men's mental health and wellbeing
 - Early-career confidence building
 - Retention of underrepresented or high-potential talent
- ✓ Teams or departments undergoing significant change or pressure