

The Team Wales LEADHERSHIP Programme

Where Business Meets Sport. Inspiring Women to Lead, Transform, and Succeed.

Team Wales LeadHERship Programme Application:

Thank you for your interest in the Team Wales LeadHERship Programme with RBC Brewin Dolphin and Cardiff Met University. By bringing together the worlds of sport and business, this programme creates an invaluable space for women to share experiences, overcome challenges, and develop the essential skills, confidence, and knowledge to thrive in leadership.

Applicant Requirements:

This award-winning programme is tailored for aspiring leaders, regardless of whether you currently hold a formal leadership role. Our goal is to support your growth and help you embark on your leadership journey. Participation in the program is £199 as well as you, or your employer being responsible for covering accommodation costs for the four residential blocks. The programme will take place at the Celtic Manor – Ty Newport. A special rate of £75 per night has been secured for attendees, which includes bed and breakfast.

Key Dates:

Applications open: 15 September 2026

Application submission deadline: 15 October 2026

Residential dates: 28-29 January 2027 | 22-23 April 2027 | 1-2 July 2027 | 21-22 October 2027

Application process:

Application can be submitted via an Individual Nomination or via an Organisation Nomination and we would encourage you (where possible) to have an open discussion with your employer ahead of your application, to signpost your leadership intentions. Please complete the respective details overleaf.

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Organisation Nomination:

Organisation Nomination - We invite employers to nominate individuals who would benefit from this programme. If you are submitting a nomination, please complete this form on their behalf, ensuring you have their consent before doing so.

Organisation Nomination Form:

Thank you for nominating an individual for our Women's Leadership Programme. Please complete the form below, ensuring you have their consent before submitting.

Nominee Information:

Full Name of Nominee:

Email Address:

Phone Number:

Location:

Does the nominee have any accessibility needs we should be aware of? (Optional)

Employer & Nominator Information:

Your Full Name:

Your Job Title & Organisation:

Your Email Address:

Your Phone Number:

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Nomination Details:

Why are you nominating this individual for the Team Wales LeadHERship Programme? What qualities, skills, or potential do they demonstrate as a leader? **(Max 300 words)**

How has the nominee made a meaningful impact in their role, team, or community? Please provide an example of when they led, influenced, or initiated change. **(Max 300 words)**

What challenges has the nominee faced in their leadership or professional growth, and how have they approached these challenges? **(Max 300 words)**

How do you believe this programme will support their development and future leadership aspirations? **(Max 300 words)**

Is there anything else you would like us to know about the nominee? **(Optional, Max 200 words)**

Individual Application:

We encourage individuals to apply in the way that feels most accessible and comfortable for them. You may choose to submit either a written application form or a short video (up to 5 minutes) answering the questions below.

Personal Information:

Full Name:

Pronouns (e.g., she/her, they/them, other):

Email Address:

Phone Number:

Location:

Do you have any accessibility needs we should be aware of? (Optional)

Tell us about yourself and your leadership journey so far. What drives you? **(Max 300 words)**

Why are you interested in this leadership programme, and how do you hope to grow from it? **(Max 300 words)**

Describe a time you led or influenced a group, initiative, or project. What was the impact? **(Max 300 words)**

Personal Information, Continued:

What challenges have you faced in leadership or professional growth, and how have you navigated them? (Max 300 words)

Where do you see yourself in five years as a leader, and how will this programme support your journey? (Max 300 words)

Is there anything else you would like us to know about you? (Max 300 words)

Please submit applications by 15 October 2026 to Team Wales at leadership@cardiffmet.ac.uk.

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Inclusion & accessibility:

We are committed to creating an inclusive and accessible environment for all participants. Our goal is to support and equip women from diverse backgrounds, ensuring equal opportunities to learn, grow, and lead.

We strive to accommodate individual needs and remove barriers to participation. If you require any adjustments, such as accessible materials, alternative formats, or specific support during the programme, please let us know - we are here to help.

Diversity strengthens leadership, and we welcome participants of all abilities, identities, and experiences. Together, we can build a supportive and empowering space where every woman has the opportunity to thrive.

The Team Wales LeadHERship programme is designed to address under-representation of women in leadership. Bringing together the worlds of sport and business, this programme creates an invaluable space for women to share experiences, overcome challenges, and develop the essential skills, confidence, and knowledge to thrive in leadership.

We recognise that leadership opportunities have historically been unequally distributed, and we aim to create a space where diverse experiences, voices, and perspectives are valued. We encourage applications from individuals of all backgrounds, including those from different racial and ethnic groups, ages, abilities, sexual orientations, socioeconomic backgrounds, and other intersecting identities.

Together, we strive to build a future where leadership is inclusive, equitable and representative of all women.

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