



Rising is a 6 month online learning experience for women, designed to empower you in expressing your leadership and your vision in the most impactful way possible.

Created and personally delivered by Cathy Burke, *Rising* is an interactive, deeply personal, world expanding and inspirational compass for you to fulfil the calling in your own heart. This is a practical and heart centred leadership program to support you in taking action on things that really matter – to you.

Rising is for you if you

- Want to make a bigger impact
- Feel blocked or not sure where to start
- Know that now is the time – ready or not!
- Know you have more to offer
- Have ideas tangled around, but no real plan - or
- Are already making headway, but want help to go to new heights
- Have decided that 2020 is your big turning point in life
- Want to work personally with Cathy

Rising will

- Give you a roadmap to create personal, organisational or social change
- Help you play bigger – however you define that for you
- Support ideation and implementation for initiatives that you choose
- Build your resilience and capacity
- Give you inspiration and tactical support to achieve your goals
- Connect you with likeminded others, forging community and collaboration

You can expect to

- Create a plan and bring it to life
- Scratch that itch that's been there for too long
- Unearth limiting mindsets and gain tools to develop ones that empower you
- Take bold action
- Discover that you are enough – just as you are!
- Kick goals, fail fast, be challenged, and experience the immense satisfaction of stepping into the world equal

You will discover

- The 9 steps of personal, social and organisational change that are at the heart of great sustainable movements
- How this unique moment of human history is calling for you to rise, and how this supports you in fulfilling your soul's yearning
- How to find and remove the barriers that stop you from playing a bigger game
- Practical ways to create and take action on things that matter to you
- A model of leadership that allows you to be so fully and completely you

“Tell me, what is it you plan to do

With your one wild and precious life?”

— Mary Oliver, *The Summer Day*



*Rising has been created from Cathy Burke's decades long experience of working with women in villages and in organisations, as an executive and CEO, and as a global change leader. The program is based on the 9 steps she observed and wrote about in her book *Unlikely Leaders: Lessons in Leadership from the Village Classroom*. These steps provide a proven pathway for leadership to rise and be fulfilled.*

9 Steps Leadership Matrix

FOCUS	EXECUTE	IMPACT
1. Belief	4. Personal Power	7. Resilience
2. Presence	5. Collective Action	8. Success
3. Vision	6. Create the Environment	9. Generosity

Rising is a combination of zoom classrooms, videos, special guests who are world leading change makers, coaching, accountability, work-pages and feedback. There will be lots of opportunity to share your ideas and interact personally with Cathy.



About Cathy

For 20 years Cathy Burke was the CEO for The Hunger Project Australia, and then Global Vice President, working to end hunger across South Asia and Africa.

Cathy was an integral member of a visionary team who developed leadership at scale in villages all over the world. Through her work, millions of the world's poorest people stepped into their leadership, and were able to feed themselves and their families.

Like you, Cathy understands what it's like to not feel enough to step into her full leadership ability - whilst knowing she had something more to offer. She was supported to do that, which made the all the difference to the impact she's had in the world.

Rising offers this same support and opportunity to you. It will provide both a catapult and a soft landing for those who want to achieve more.

Cathy has immense experience working to empower women's leadership – in villages, in individuals and across organisations.

Cathy Burke has

- Led as a CEO
- Built a lasting, impactful, beloved organisation
- Empowered women for 25 years
- Worked across countries, cultures and languages
- Been meditating for 31 years, and is adept in mindfulness practices
- Set up social enterprises
- Ran the state wide mobilisation of a successful Federal Senate election campaign
- Co-wrote the constitution for a major political party in Western Australia
- Has studied and trained personally with recognised global thought leaders including Dr Joanna Macy, Werner Erhard, Dr Jean Houston and Lynne Twist
- Authored *Unlikely Leaders: Lessons in Leadership from the Village Classroom*.
- Won the Australian Davos leadership award, and 2014 AFR Women of Influence award
- Lived the juggle of a life of purpose within a context of marriage and mothering, being a good daughter and a good sister to 6 siblings

“Cathy Burke’s presentation style is warm, generous and transcends any limitations posed by delivery in the virtual world. Her recent Masterclass for Business Chicks was delivered to close to 1000 women virtually. Cathy is able to create intimacy and makes everyone feel as though they are having a direct 1:1 learning experience with her. We have received literally hundreds of emails saying that the impact of her 1-hour Masterclass on Mindsets has been profound and in some cases life-changing. Cathy is a true thought leader in this space.”

— Olivia Ruello, CEO, Business Chicks Australia

The Rising Program

There are 2 ways to participate.

Both include:

- Monthly 2 hour leadership online training, bespoke design and delivered by Cathy Burke
- Monthly workpages
- 3 x 90 minute online connection facilitated by Cathy, for participants to share insights and learnings, ask questions, get input and put into practice their new understandings
- Facebook page with FB lives
- Accountability structure to keep you on track
- Signed copy of Cathy Burke's book *Unlikely Leaders: Lessons In Leadership From The Village Classroom*

Rising 2 includes one on one mentoring from Cathy at a significantly reduced rate from her normal mentor program, as well as some other inclusions to specifically support you in accomplishing what you set out to achieve.

PROGRAM INCLUSIONS	RISING I	RISING II
6 x 2-hour Leadership Workshops	✓	✓
3 x 90-min Online Q&A Collaboration Group Calls	✓	✓
Special Guests World leading change agents	✓	✓
Private Facebook Group	✓	✓
Signed copy of <i>Unlikely Leaders</i>	✓	✓
1 hour 1:1 Mentoring		3 sessions
SOS Support	Email	Phone & Email
Specific Leadership Resources Curated for each woman		✓
UPFRONT INVESTMENT	\$2,700 +GST	\$5,700 + GST
Investment Over Time	\$1,000 + GST upfront then \$400 +GST per month for 5 months	\$2,000 + GST upfront then \$800 +GST per month for 5 months

What others say

“I have known Cathy for many years and watched her in action as a mother, manager and leader. Her understanding of hunger and poverty, and the subsequent leadership she has taken, is based in her belief that all people are the same but conditioned differently. The resources that Cathy has mobilised around the world to end hunger are visible and impressive. As a woman leader from Africa, I’m proud. What Cathy Burke has to say should be listened to.”

— Speciosa Wandira-Kazibwe UN Secretary-General’s Special Envoy for HIV/AIDS in Africa Former Vice President of Uganda

“Cathy Burke is such an innovative thinker and a passionate agitator for change in the world – and she does it with enormous heart, insightful vision, and an infectious sense of humour. I find her unwavering commitment to the empowerment of women and the way she engages others to inspire change incredibly positive and powerful.”

— Jo Horgan Mecca Cosmetica Founder and CEO

“Cathy lives and breathes a fierce commitment to women’s empowerment and global issues. She is a remarkable social entrepreneur, with something profound to say about leadership and the power of humanity.”

— Emma Isaacs, Founder & Global CEO, Business Chicks



“Cathy is a person of enormous courage, energy and devotion. She is one of those few people who has a mixture of being able to determine what is important and at the same time has the energy to ensure that what she has determined needs to be achieved is achieved. She is a person of very high integrity and I hold her in enormous esteem.”

— David Gonski, Chair of ANZ Bank, Vice Chancellor UNSW

“Cathy was instrumental in challenging the team to look at things differently, create a unique leadership angle, and reach for every inch of potential.”

— Tania Austin, Owner/CEO, Decjuba

Please contact [Cathy](#) to discuss how Rising is for you.

*“Feel how your breathing makes more space around you.
Let this darkness be a bell tower
and you the bell...
And if the world has ceased to hear you,
say to the silent earth: I flow.
To the rushing water, speak: I am.”*

— Rainer Maria Rilke, Sonnets to Orpheus II, 29, Translated by Macy & Barrows