

Frequently Asked Questions

Self Registration

This list of FAQ's is relevant for women who have privately registered for a spot in the upcoming cohorts. If you are looking for FAQs related to corporate packages, you need to download the self the corporate FAQ's on the Power Circles homepage.

- 1 What language is the programme delivered in?**

Currently, all programmes are delivered in English. We are expanding to offer German and French facilitation and will notify clients when additional languages become available.
- 2 How long are the sessions?**

Each session lasts between 2 and 2.5 hours, depending on the content and facilitation flow.
- 3 What learning resources will I receive?**

All participants receive access to our digital learning hub, including session workbooks, models, tools, and reflection exercises. Participants also receive access to the Power Circles GPT Coach, an AI leadership coach designed to support participants throughout the programme.
- 4 Who is this programme for?**

Early- to mid-career women (levels 4–6) and non-binary professionals who are ready to build confidence, clarity and influence. You don't need a leadership title—just the desire to grow
- 5 What if I'm not in a corporate role?**

That's fine. We welcome freelancers, NGO professionals, entrepreneurs and academics. This programme supports your personal growth and power, regardless of where you work.



Power Circles

6	What is the programme format?	Most cohorts are delivered live online. We also run quarterly in-person retreats in London, Berlin, or New York. Retreats are optional and announced separately.
7	How long is each session?	Each session lasts 2 to 2.5 hours. The full programme runs across 8 sessions.
8	How many people are in each cohort?	Each cohort is capped at 30 participants to maintain intimacy and high energy. We group part
9	Do I need to attend all 8 sessions?	We recommend full participation, but if you miss a session, you'll receive the recording and session materials via the learning hub.
10	Can I attend only part of the programme?	Yes, but we recommend committing to the full
11	Do I get session recordings?	Yes. All sessions are recorded and shared with participants via the learning hub.
12	What learning resources do I get?	What learning resources do I get? You'll get access to the digital learning hub, including tools, models, and guided exercises—plus the Power Circles GPT Coach to support your journey between sessions.
13	Can I take just one module?	Yes. Bespoke single-module bookings are possible—contact us to discuss timing and rates.
14	How much does it cost?	The early bird price is £595. Prices may rise for future cohorts.
15	What happens once I register?	You'll receive confirmation 2–4 weeks before the start date

-
- 16 **Will I be added to a community?** Yes. All participants are invited to join our private online community space.
-
- 17 **How do I register or learn more?** Visit www.theshift.world/powercircles or book a call via calendly.com/theshift/powercircles.
-
- 18 **Is the parenting module relevant if I'm not a parent?** Yes. That session covers boundaries, energy and responsibility—topics that matter to everyone, not just parents
-
- How do we get started?** Contact us via:
- calendly.com/theshift/powercircles
 - info@theshiftmakers.com
-