

W O M E N W H O E M E R G E

WORKSHOP MENU

Immersive Experiences for Organizations

Dr. Karla Hylton Dixon, PhD

Founder, Women Who Emerge

Author, The Woman Who Emerged: Finally Free

A keynote opens a door. A workshop walks women through it.

womenwhoemerge.com

ABOUT THESE WORKSHOPS

Every workshop Dr. Hylton Dixon delivers is built on the same foundation as her speaking — lived experience, academic rigor, and the conviction that women don't need to be fixed. They need the right conditions to remember who they already are.

Her proprietary framework, The Art of Emergence™, moves through six stages: Fracture, Excavation, Clarity, Reclamation, Integration, and Sovereignty. Each workshop experience is built around this arc — giving women not just inspiration but a map, a language, and a community to carry forward.

These are not lunch-and-learn sessions. They are intentional, facilitated experiences that create measurable shifts in how women lead, speak, and show up.

Stage 1 Fracture	Stage 2 Excavation	Stage 3 Clarity	Stage 4 Reclamation	Stage 5 Integration	Stage 6 Sovereignty
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01 HALF-DAY EXPERIENCE

The Art of Emergence™

3-4 HOURS · UP TO 50 PARTICIPANTS

“You don’t need to be fixed. You need the right conditions to remember who you already are.”

A guided half-day experience built around Dr. Hylton Dixon’s six-stage emergence framework. Women move through the stages together — identifying where they are in their journey, doing the excavation work, and leaving with a personal emergence roadmap they can return to long after the room clears. Equal parts teaching, reflection, and community.

WHAT’S INCLUDED

- Facilitated teaching through all six stages of The Art of Emergence™
- Guided reflection exercises at each stage
- Personal emergence roadmap worksheet
- Community conversation — small group and full room

INVESTMENT INCLUDES

- Half-day facilitation by Dr. Karla Hylton Dixon, personally
- Printed emergence workbook for each participant
- Post-session resource guide

Best for: Women’s ERGs, leadership kick-offs, professional development days, conference pre-sessions

02 SIGNATURE FULL-DAY

From Survival to Sovereignty

6-7 HOURS · UP TO 40 PARTICIPANTS

“For organizations that want more than a motivational experience — this is the one.”

The flagship workshop experience. The morning session covers recognition — who women were asked to be — and moves through the fire of transformation. The afternoon session is devoted entirely to sovereignty: what it means, what it looks like daily, and how to choose it intentionally. The day closes with a full-room declaration that every participant writes and speaks aloud.

WHAT'S INCLUDED

- Full-day facilitation by Dr. Karla Hylton Dixon
- Morning and afternoon working sessions with structured breaks
- Personal journal + emergence workbook for every participant
- Sovereignty declaration exercise — individual and collective
- Signed copy of *The Woman Who Emerged: Finally Free*
- Post-workshop implementation guide

Best for: Corporate women's retreats, leadership intensives, annual women's summits, high-potential programs

03 ONGOING PROGRAM

Women Who Lead

4-6 SESSIONS · COHORT OF 15-25

“Women who begin as colleagues often finish as community.”

The deepest engagement Dr. Hylton Dixon offers. A monthly or quarterly cohort program where a select group of women moves through the full emergence arc together over time. Each session builds on the last. Relationships form. Accountability deepens. Designed for organizations serious about building a genuine pipeline of grounded, sovereign women leaders — not just checking a box.

PROGRAM STRUCTURE

- Session 1 — Fracture + Excavation: naming the season, seeing clearly
- Session 2 — Clarity: seeing yourself without distortion
- Session 3 — Reclamation: taking back your voice, joy, and vision
- Session 4 — Integration: becoming whole, holding your full story
- Session 5 — Sovereignty: the daily practice, the declaration
- Session 6 — Celebration + commissioning ceremony (optional)

WHAT'S INCLUDED

- 4-6 facilitated sessions over 4-6 months
- Between-session reflection prompts and resources
- Private community space for cohort connection
- Individual emergence assessment at start and close
- End-of-program celebration and declaration ceremony

Best for: Organizations investing in women's leadership pipelines, DEI programs seeking sustained impact, high-retention initiatives

04 CUSTOM DESIGN

Built for Your Organization

FLEXIBLE FORMAT · STARTS WITH A DISCOVERY CALL

“The framework is mine. The design is yours.”

Not every organization needs the same experience. Dr. Hylton Dixon works directly with HR leaders, DEI teams, and Chief People Officers to design a program around your specific goals — whether that’s retention, psychological safety, women’s advancement, or rebuilding culture after change.

COMMON STARTING POINTS

- Women’s leadership pipeline development
- Post-restructure culture and resilience programs
- ERG anchor programming — quarterly or annual
- Executive women’s coaching combined with group facilitation
- Conference keynote combined with half-day workshop (bundled engagement)

HOW IT WORKS

All custom engagements begin with a 30-minute discovery call to understand your organization’s goals, culture, and the women you want to serve. From there Dr. Hylton Dixon designs a program proposal within 5 business days.

Best for: Organizations with specific outcomes in mind who want a tailored approach rather than an off-the-shelf program

Ready to bring the work inside your organization?

All workshop inquiries begin with a 30-minute discovery call.

womenwhoemerge.com

Dr. Karla Hylton Dixon · Founder, Women Who Emerge

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