

Antoinette Dale Henderson: Founder of The Gravitas Programme

Antoinette Dale Henderson launched [The Gravitas Programme](#) in 2011 to provide leaders and managers with the skills to command respect, inspire a shared vision and get taken seriously. The programme is based on extensive global research into the six qualities that together combine to make up this essential and yet often intangible business skill.



With over 25 years' experience in leadership communications, she specialises in strategically-driven, results-orientated masterclasses that make a powerful difference to executives, boards and top teams in the UK and internationally. Before setting up her company in 2017, she held senior positions at many of the world's top PR consultancies.

As a Fellow of the Professional Speaking Association and the Global Speakers Federation, she's frequently invited to deliver keynotes and speak on panels about gravitas, leadership and promoting the cause of women in business. She speaks for VISTAGE, the global organisation for MDs, CEOs and leaders and in 2019 delivered her first TEDx, [Gender Equality: The New Power Dynamic](#).

She's author of two books: [Leading with Gravitas](#) and [Power Up: The Smart Woman's Guide to Unleashing Her Potential](#), which has been shortlisted in the Business Book Awards under the category of exceptional book that promotes diversity.

She works across the public and private sectors, delivering bespoke solutions to longstanding clients in PR, media, banking, financial services, entertainment, pharmaceuticals, retail, hospitality, law and technology. In addition, her hugely popular Gravitas Masterclasses are open to managers, leaders and entrepreneurs serious about accelerating their potential.

Complementing her work with organisations, Antoinette is Chair of the Board of Trustees for [BelEve](#), a charity that inspires and empowers girls aged 8 to 18 to become leaders of their world. She lives in South London with her husband and two daughters.



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GRAVITAS
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Accelerating your potential