

Princeton Area | In-person | Founding Cohort

A peer advisory and professional development experience for Director & VP-Level leaders who want to perform at their highest level and not do it alone.

What it is

A monthly facilitated dinner for up to 10 Director and VP-Level women in life sciences in the Princeton area. Each session combines structured learning with real-time peer advisory, grounded in the Integra Leadership System built from 23 years of work with leaders at every level.

What Makes it Different

This is not a networking group. It is a working group with a skilled facilitator, a defined structure, and a commitment from every member to show up fully. Topics are curated. Conversations are confidential. Growth is intentional.

Session Structure 2 Hours Monthly

Leadership at the Director & VP-Level is complex, often isolating, and rarely comes with a trusted space to work through what is really happening. Integra Navigate is that space.

20 minutes

Arrival and connection | Dinner begins. Brief check-in where each member shares one word or sentence on where they are showing up from tonight.

35 minutes

Facilitated topic | A structured discussion on a curated leadership or industry topic drawing from the Integra Leadership System and current life sciences context. Examples include how AI is reshaping leadership decisions, building decision discipline under pressure, and aligning teams through change.

45 minutes

Member issue | One member brings a real challenge they are currently navigating. The group processes it together using a structured approach, creating clarity, surfacing blind spots, and building a path forward. This rotates each session so every member is heard over time.

20 minutes

Commitments and close | Each member states one specific action or intention to carry forward before the next session. Accountability is built in, not optional.

Sample Facilitated Topics

- AI and leadership decisions
- Decision rights and clarity
- Leading through change
- Execution discipline
- Building team alignment
- Telling hard truths
- Stakeholder influence
- Values under pressure

\$275
per month

10
members maximum

Monthly
in-person, Princeton

Founding
rate, limited seats