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# BECOMING A WINNING WOMAN AT WORK

## WOMEN'S LEADERSHIP PROGRAM



### Course outline

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**As women, we face unique challenges in the workplace, but we also add exceptional value and perspective.**

Some of these challenges come from within the setting of the workplace, and we have to keep pushing companies and laws to support women at work.

**While the source of other challenges can come from within ourselves.**

We are very good at putting in place self-sabotaging behaviors and research shows that

we tend to report lower levels of self-esteem than men.

Summoning up the courage to face these internal challenges is a challenge in itself but by working on them we can become winning women at work.

**This program is designed to equip you with the tools and skills that you need at work and to enhance your self-confidence into a powerful inner voice.**

This combination will make you feel you are ready to step into a more confident future at work.

## About me

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### **I am a Career Coach and a Professional Trainer in**

**Communication.** I started the profession after spending 10 years in the Marketing & Communication field. This expertise - combined with the desire to contribute to happiness and fulfillment of working individuals - led me to the Coaching and Professional Training career.



## My why

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I have a strong feeling of what is right and what is wrong.

Gender inequality is wrong. Having a road map to gender equality is right.

**All my trainings and coaching sessions are designed to equip women to fulfill their potential.**

I leave my mark contributing to solve the gender inequality gap, supporting one woman at a time.

## Course Program

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### ***Morning. Identify and overcome your self-sabotaging behaviors***

- Understand what unconscious mistakes are and build conscious strategies to overcome them;
- Prepare your personal narrative to support your career;
- Nurture and practice your self-confidence with effective coaching tools.

### ***Afternoon. Communicate like a pro and define your executive presence***

- Master your Verbal and Nonverbal Communication skills;
- Be prepared for crucial conversations and elevator pitches;
- Learn tips & tricks to stand out with your presence.

## Key benefit:

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- Develop awareness of your unique potential and how to succeed at work;
- Improve your communication skills;
- Have more impact: develop your executive presence.

## Dates and Price:

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- March, 30 | Hours: 9 am - 4 pm
- \$ 80 | Register by email

## Location:

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- Seattle University