

Gaining Confidence for Stronger Leadership



What You Think Of Yourself Is Much More Important Than What People Think Of You - Seneca, Roman Philosopher

Evidence shows that women are less self-assured than men --- and that to succeed, confidence may be more important than competence. This feeds into the general expectation that women cannot handle tough tasks or speak up at meetings.

Gaining confidence starts with effective communication. Knowing how to say it, when to say it and what words to use takes practice. This workshop includes tips and tools for creating powerful communication to get women where they want to go.

Rather than feeling proud or excited when starting a new job or promotion, a woman can have a feeling of apprehension and worry that someone will realize she can't do the job. This feeling of being an "impostor" can occur despite a woman's many professional achievements and successes.

The ideal format for this workshop is small groups (6-10) which provides the opportunity to share situations and get advice/coaching from others.

Participants will leave with a strategy and action plan to move forward.

Go to www.findingresolution.net for more information.

Contact Ann Rosser at arosser@findingresolution.net

Why	<ul style="list-style-type: none"> • Stop suffering from Impostor Syndrome • Hear other women's scenarios • Create a strategy & action plan
Length	3 hours
Objectives	<ul style="list-style-type: none"> • How to be a powerful communicator • The importance of attitude • How to say "No" • Mentor vs. Coach - What is the difference?
Process	Each participant will be given worksheets to examine elements of self-confidence and to create a Personal Action Plan.
Location	For your convenience, Finding Resolution will come to your office to deliver the workshop which means you do not have employee time away from the office or employee travel expenses.



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