

Managing Your Career workshop

This workshop is a unique offering for our Corporate Partners seeking to inspire and encourage their female employees to stay in business and get to the top. It is designed to form part of an organisation's talent development and retention strategy.

The half-day workshop encourages women to think strategically about their career goals, level of ambition and to better understand how their aspirations fit within the broader organisational context.

It covers research-based career tips and techniques designed to help women realise their potential within their current role and plan their future progression. During the workshop participants are encouraged to create their own personal career plan, which we call – “*My One Piece of Paper*”.

Who should attend this workshop?

This workshop is women-only as the research shows there are particular strategies which it is vital women employ for success. It suited to women:

- At early and mid-career stages;
- Who want to manage their careers proactively;
- Who are seeking to better understand organisational dynamics and how to navigate the path to success.

Mixed-level groups of between 20 and 30 people work best for this workshop, as experiences and learning can be exchanged across ages and stages. We recommend a maximum of 40 attendees per workshop.

Workshop outline

1. **Managing your career:** research-based tips and techniques that address several specific challenge areas which women must address to succeed:
 - Making your achievements known
 - The importance of meetings and making sure your voice is heard
 - Understanding influence
2. **Career planning and resilience:**
 - Do you have a career plan and does your boss know what it is?
 - How to identify and articulate your transferable skills
 - Being strategic in building your networks
 - Mentors, sponsors and the importance of being a strong self-advocate

Professional ~ Supportive ~ Influential

The workshop is practical, strategic and interactive and is presented by two experienced executives. It runs for three and a half hours with a short break.

Workshop Feedback – Managing Your Career

Helen Nemeth, Commercial Director, Beaumont Morgan Dev. Ltd:



"I was extremely inspired at the event and took on board a lot of your comments. I think my friends and family are sick of me quoting the facts to them!"

Just to give you some feedback that I went for a job that I wasn't sure I would be 100% right for. I didn't think I would have all of the experience for the role but felt it was what I was looking for in terms of my ambition.

*Guess what? I got the job! I will be starting in a couple of months as Regional Commercial Director. **I genuinely don't think I would have even gone for the job prior to your event, so thank you again for the inspiration.**"*

General Feedback

"Great course, makes you think about how you add value to your company and about your own career development. Excellent Presenters, energetic, encouraging and practical. Thank you for spending useful time away from being just busy."

"Excellent program with great advice on careers and executive presence. I would like to participate in further training."

"I haven't been to a women-centred event in a while but I found it very interesting and with a good focus on career management. It opens up new horizons."

"Informative, clear, eye opener, would recommend to everyone. Examples really useful."

"Excellent presenters - very passionate. Excellent tips and areas to focus."

"Very instructive and an eye opener for me. I would recommend another session where we could present and articulate our career plan."

"One of the best workshops I have ever attended. Thank you."

"It was the most excellent ...session I have ever attended. Definite 10. Excellent session."

"Really useful session, highly recommended to others. Would also be great to have an additional session..on how to be more influential on conference calls and in physical meetings."

"It was a great workshop, very inspiring. It energised me to think about my next steps."

"Inspiring workshop. All women VPs. Should make time for me"

"Useful in thinking about needing a career plan and being self-aware"

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