Summary of Workshop by J2 Coaching & Consulting

"CONFIDENCE THROUGHOUT OUR CAREERS"

A two-hour workshop targeted specifically for women regarding their careers.
Inspiring, thought provoking and pragmatic!

KNOW YOUR VALUE

Confidence & Assertiveness are two key ingredients to having a fulfilling & satisfying career. Without these elements, we may fall in the trap of feeling frustrated by not having our ideas heard, not advancing in our careers, and ultimately not thriving as much as we should be.

What makes for a fulfilling career? How can we gain more confidence in our careers and within our professional communities? What holds us back? Are we comfortable speaking up? Assertive enough? Daring? Do we know the value we are adding in any given situation? Are we being heard?

Find out how to enhance your self-awareness regarding your own assertiveness, self-confidence, and tips on how to speak up and claim your space within a technical community which may be predominantly male. Boost your acknowledgement of the real value you are adding to any given situation.

Building community! Networking and exchanging on these themes with fellow WIE members in a fun and relaxed way. Each participant will have the opportunity to do their own self-assessment on assertiveness, self-confidence and success storyboard.

Facilitator(s):

Jody JULIEN
Born in the USA, holds degrees from universities in Michigan and New York in the areas of International Business and Strategic Human Resources. Trained and certified in both Professional and Life Coaching. Held worldwide leadership positions for over 20 years, has lived in North America, South America, and Europe, and is currently living in France. The founder of J2 Coaching & Consulting since 2011, a global firm specializing in professional development and international organizational effectiveness.

Jody JULIEN
Professional & Life Coach
Founder, J2 COACHING & CONSULTING