

Navigate, Elevate, & Accelerate

Facilitated by
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**Women are 82%
more likely to
experience
professional
burnout
compared to men.**

-McKinsey 2021

 CAREER
POTENTIAL

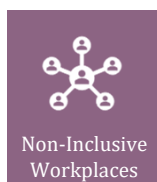
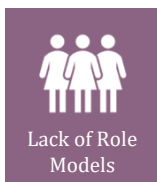
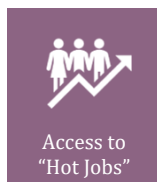
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**48% of women
are reporting
feelings of
high levels of
burnout.**

-McKinsey 2021



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Top Recommendations

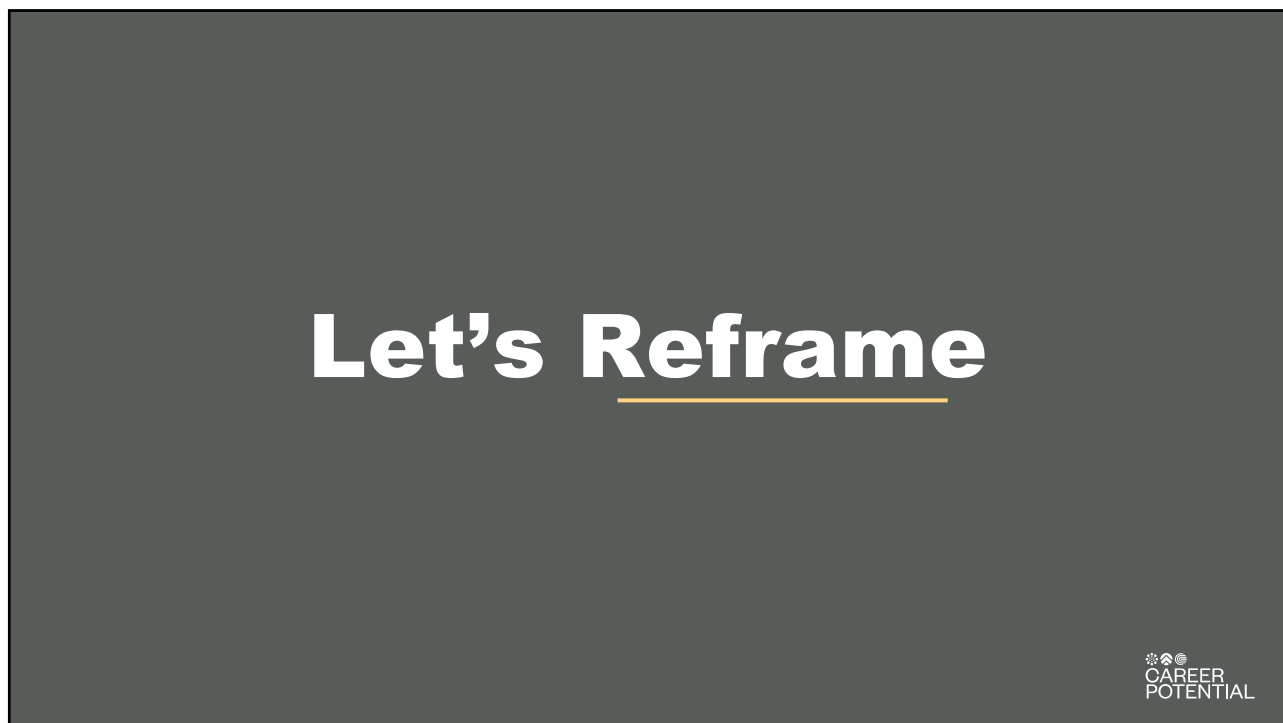


1. Mindset is everything.





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Let's Reframe

I'm never going to be promoted because I'm a woman.

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Let's Reframe

There are going to be challenges, but I'm determined to overcome them.

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Let's Reframe

**I'm going to show them...
prove to them that
I'm qualified for the position.**



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Let's Reframe

**I need to do a better job of
promoting my qualifications
and I'm going to start today.**



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2. Self-Awareness



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Learn about yourself.



Motivators
Preferences
Mindsets
**Emotional
Intelligence**

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Learn about yourself.



BREAK OUT SESSION

Motivators

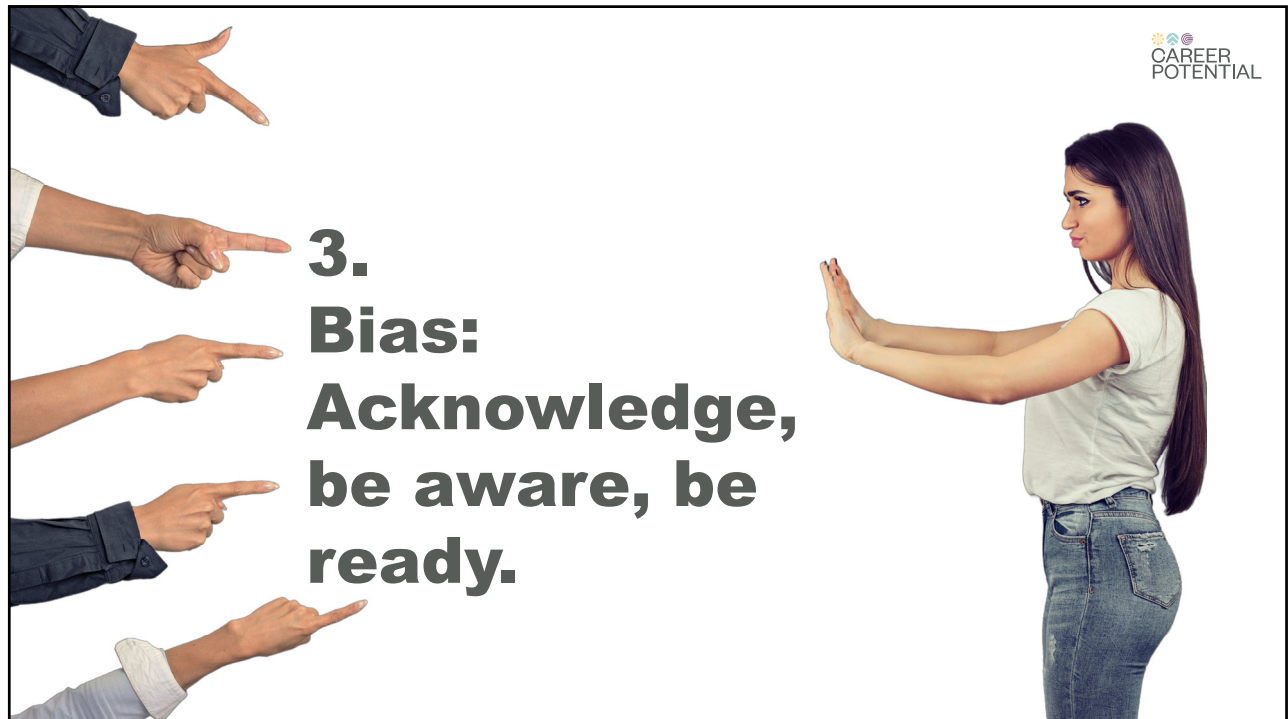
Preferences

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**Emotional
Intelligence**

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**3.
Bias:
Acknowledge,
be aware, be
ready.**

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Activity

A father and son were in a bad car accident and as a result, they were both rushed to the same hospital for medical care.

The son's injuries required immediate surgery, so the son was rushed to the operating room.

The nurses were prepping the operating room and the son for the operation and the surgeon entered the room and said,

"I can not operate on this patient because he is my son."

How is this possible?



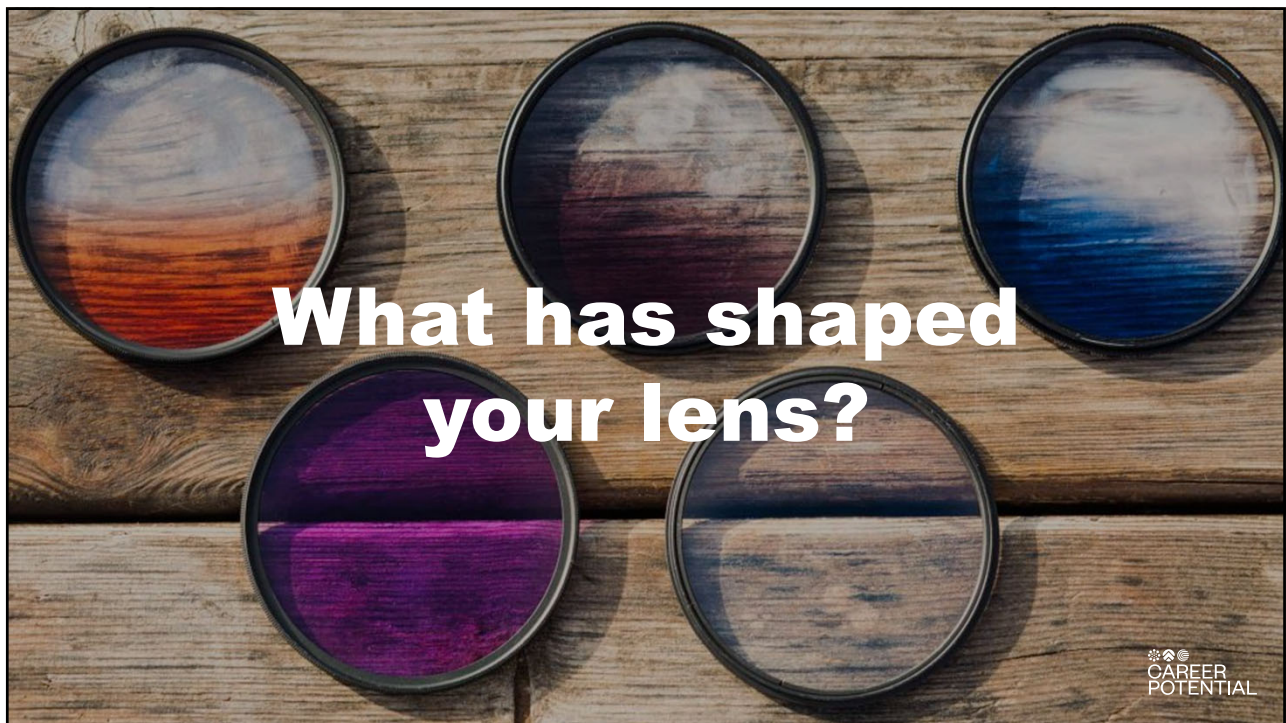
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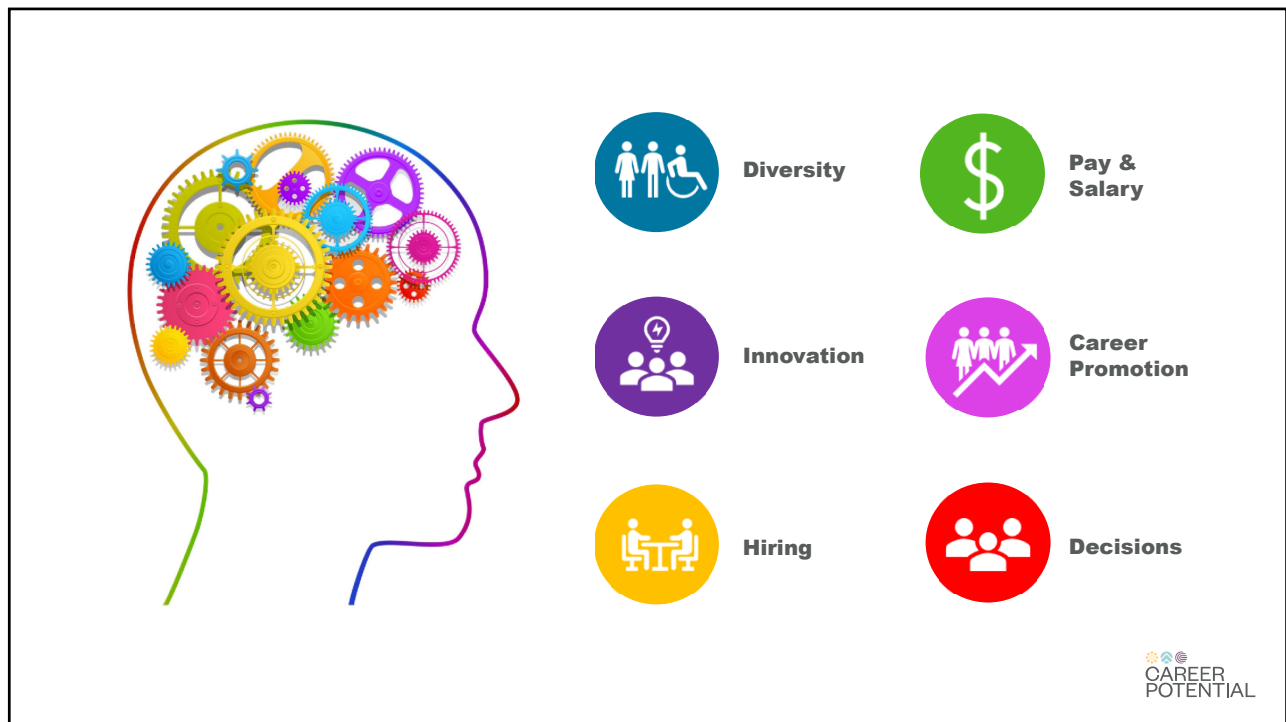
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Anticipate
and manage your
impressions.

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4. **Identify and build your brand.**

List **three** words
to describe you
as a **professional.**

List **three** words to describe you as a **professional**.

Typical Words to Describe Women		Typical Words to Describe Men	
Loyal	Committed	Strategic	Leader
Hardworking	Nice	Driven	Independent
Dependable	Connected	Motivated	Successful
Team Player	Trust-worthy	Results-Oriented	Decisive

Three words.

Three words.



Ask *others* three words.

Three words.



Ask others three words.



***Compare* your words.**

Three words.



Ask others three words.



Compare your words.



**Write your brand
statement.**



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Write your brand statement.

**Passionate,
internally motivated
professional driven
by impact.**



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Write your brand statement.

**Passionate,
internally
motivated
professional
driven by
impact.**

**→ “yankee” (or
woman) who is
overly confident.**



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Three words.



Ask others three words.



Compare your words.



**Write your brand
statement.**



**Current
or
Aspirational?**



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Build your brand.

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5. Obtain mentors, sponsors, and role models.

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**Nobody cares
more about your
success and your
career than you.**



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**Pursue
professional
development
opportunities.**

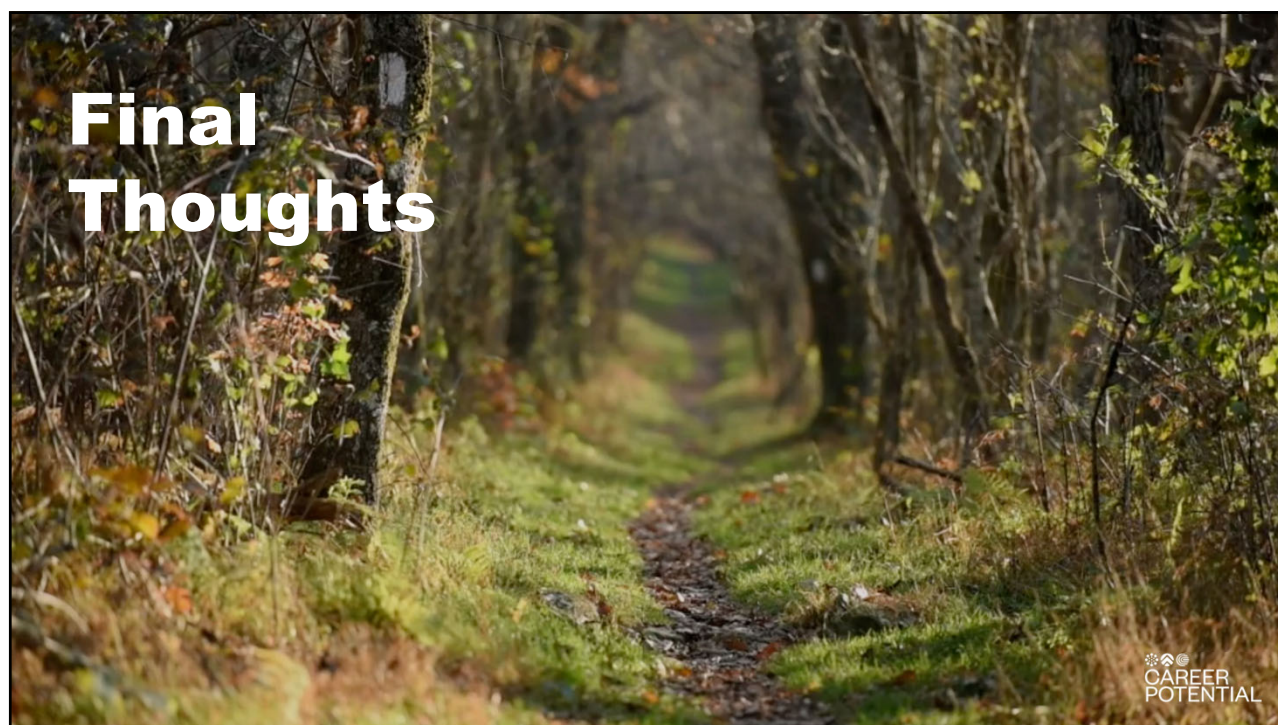
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