

Women in Transition



Overview

Are you at a crossroads in your career, or simply contemplating a change? Perhaps you need to prepare for a future change in your organization, career or life. Periods of transition are a time to move from the past, while positioning oneself for the future and reframing your vision to move forward. This two-day workshop will provide you with an opportunity to build on your multi-faceted experience, embrace your goals, and design the next phase of your career or life.

Audience

This workshop is designed for women of all age groups, who are considering or facing a change in their career, are looking to redefine their life or explore new opportunities, or have dreams that have been set aside for too long.

Duration 2 Days

During this workshop, you will have an opportunity to:

- Establish a clearer sense of the objectives that are the most important to you
- Learn how to achieve your goals
- Acquire strategies to help you address challenges and keep focused on your goals
- Gain a better sense of your readiness for change
- Learn how to embrace your dreams and dream bigger
- Draw a detailed roadmap to guide you to the next level and to effect change in your life

Content

This program offers a seven-step approach for taking you from where you are now to where you want to be. It guides you through a journey of letting go of the past, self-discovery, exploration, action planning and a new vision of your future and a new beginning.

Step 1: The End

Step 2: Self-Discovery

Step 3: Dreaming and Exploration

Step 4: Identifying Obstacles and Solutions

Step 5: Goal-Setting and Action

Step 6: Dealing with Set-Backs

Step 7: A New Beginning

Inspirational Success Story:

Katherine Graham, at forty-six, realized her dream of running the family business, the Washington Post, when she took over the helm following the suicide of her charismatic husband. Under her leadership, the Washington Post published the Pentagon Papers and exposed the Watergate debacle that led to the resignation of President Richard Nixon. She also became an esteemed adviser to many presidents.