



REACH NEW HEIGHTS..

INTRODUCING THE **WHY NOT?** SEMINAR SERIES FOR WOMEN

The Why Not? Seminar Series for Women is presented by:

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This multi-session seminar series for women leaders is called WhyNot? for a reason. Too often, women have been told in their professional and personal lives that they can't, shouldn't, aren't able to, or are prohibited from doing something. Women internalize these beliefs. So in addition to facing external barriers to success, they limit themselves due to these internalized self-limiting beliefs.

This program enables women to identify which self-limiting beliefs they've internalized and to say "whynot?" to having a rewarding professional and personal life. In a safe, supportive and welcoming environment, women become aware, explore and apply new ways of seeing their world and help each other to "act boldly and live fully."

INTRODUCING THE *WHY NOT?* SEMINAR SERIES FOR WOMEN

TOPICS COVERED:

Externalized Messages/Internalized Beliefs:

We explore the externalized messages that women receive beginning in girlhood. We specifically discuss:

- sex-role stereotyping
- body image, and
- work-career messages.

Emotional and Behavioral Consequences:

Internalized sexism can lead to some damaging emotional and behavioral consequences. We specifically explore:

- Pessimistic Explanatory Style
- Fixed Mindset
- Thinking Traps and Icebergs
- Rumination or Overthinking
- Perfectionism
- Imposter Phenomenon

Unconscious Bias Patterns Women Face in the Workplace:

In this session, we talk about four common bias patterns women face:

- The Double Bind (also known as The Tightrope).
- Prove It Again
- The Maternal Wall
- Gender Wars.

We talk how in the face of these bias patterns, women often “cover,” which is pretending to be someone you’re not at work. We explore strategies to counteract these bias patterns and to be your authentic self at work.

Who We Are and What We Value

Participants complete an online survey which identifies their 24 character strengths in priority order. This assessment helps participants identify what is truly important to them and what they must have in their lives to truly thrive.

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TOPICS COVERED:

Saying WhyNot in our Professional Life

Participants begin by identifying how they currently view their professional role -- as a job/career/calling? We talk about how it is possible to craft their current job to be more meaningful to them and to leverage their strengths.

Saying WhyNot in our Personal Life

Using an assessment tool, participants identify how they're handling the intersection of work and life currently and will work through some exercises to help them manage this intersection and their energy more productively.

Rewriting Your Story or “Heaven’s Just a New Pair of Glasses”

Participant experientially learn that we all have a story in our head of our life. That story is not fixed in stone. By learning to rewrite or reframe our stories we can not only change how we view our past but change the way we'll act in the future. We highlight the major points of each workshop and conclude with the participants making some commitments going forward.

The Right Reflection®

See Clearly • Act Boldly • Live Fully

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