Powering Up: How Self-Awareness Helps Women Succeed

Self-awareness is at the heart of leadership and professional success. Research increasingly shows that it's the foundation of high performance, meaningful relationships, and a fulfilling career. Yet developing this critical skill is often easier said than done, and the obstacles can feel especially pronounced for women.

For example, research shows that female leaders tend to receive less feedback than men. And even though women are generally rated as more effective than their male counterparts, they typically underestimate how others view their performance. So they shy away from taking risks, advocating for themselves, and selling their ideas— with consequences for their advancement, engagement, and retention.

But in these challenges lies opportunity. In this enlightening and inspiring program, audience members will learn how to overcome the often surprising self-awareness challenges women face, discover how to harness their unique power, and acquire several tools to help them succeed, advance, and thrive as leaders.

Learning Objectives:

• Discover why a lack of self-confidence is rarely a barrier to success for women at work (and what actually is).
• Learn a tool to improve their effectiveness by understanding our unique strengths through the eyes of others.
• How to push past self-sabotaging thoughts and replace them with productive self-insight.
• Understand why women often don’t get good feedback and a simple process to gather regular, candid and empowering feedback.