

How do women succeed in climbing the career ladder?

You want a successful and stimulating career but don't know how to reach the higher management tiers? Or you are not sure whether you want to aim for the top? You would love to have insider knowledge and a group of similar minded women to support you in your endeavor? Then our group is exactly what you are looking for!



You are not alone. Our community of similar minded women will support you in reaching for your career aspirations.

The mentor coaching group:: We start with 8 selected female leaders providing a unique coaching experience. We offer a mix of insider knowledge, research and practical know how regarding career paths, as well as individual advice for your own career. We will help prepare you for your next career steps.



The mentor coaching group includes: Britta Bomhard, Elected Officer in an S&P 500 company listed with the New York Stock Exchange, and Board Member. The group also involves Dr. Bettina Al-Sadik-Lowinski, academic, researcher, author of International Careers for Women, founder of the Global Women Career Lab. Qualified as an International Master Certified Coach (MCC) by the International Coaching Federation, which coaches women (and men) in leadership positions worldwide.

There will be group sessions and individual coaching: The Group sessions begin with insights and thought starters: How to plan your career? What's important? This is followed by private and confidential discussions regarding the situation and aspirations of each group member. We will help you design and plan your own career! In the individual coaching sessions you will have the opportunity to go deeper on topics which are most important and helpful to you.

What you will take away from our Mentor Coaching?

- + Clarity regarding: What do I want? You will have your aspirations clearly covered using tools such as a vision board, incorporating your career capital and skills, a description of your future self and actionable next steps on your career path.
- + How to talk about your achievements.
- + How to build fruitful and lasting relationships with headhunters.
- + How to spot (old boys) networks, and how to build your own. How to build your own personal advisory board and how to use it to your advantage.
- + How to respond when male (and female) colleagues try to undermine you.
- + How to negotiate your salary.
- + Is it better to stay in your current role/organization or to move on? If you do take the next step and move on, how to succeed in the first 90 days.
- + How to spot political games and roadblocks to advancements early on, and what to do about them.
- + How to further your career with children.

The package includes:

- + 4 virtual meetings with insights from the top and group mentoring (2.5 hours each)
- + 2 individual coaching sessions
- + A curated closed LinkedIn Group.

Cost is Euro 1950. We commence on Saturday, Jan 21st 2022. The following meetings will be February 5th, March 19th and April 9th 2022 – 4 pm - 6:30 pm European Central Time / 3 pm - 5:30 pm UK Time / 10 am - 12:30 pm Eastern Time US. The dates for the individual coaching sessions will be set with each participant. By having a selection process we ensure an exclusive group of similar minded women.

Applications: We want to help female leaders who are determined to advance their career. You should already have experience in leading a team. There are only 8 spaces in this exclusive group. Please send your application to Dr. Bettina Al-Sadik-Lowinski. alsadik@bas-coaching.com covering the following points:

1. What motivates you to participate in this group and advance your career?
2. What makes you unique?
3. Your current job title, contact details (name, email, contact number) and LinkedIn profile.

Deadline for the application: January 5th, 2022. Act now to advance your career. It will pay off!

” Member of the Management Team, Biotech: The coaching has given me very valuable insights which otherwise are never mentioned. It has inspired and energized me, I learned to remove some road blocks in my career. Thank you so much!



” Head of Marketing Europe, German corporation: The Mentoring Program „Global Women“ was an essential resource for planning my career. The combination of personal, executive experience and research based insights and the collective experience and support of like minded female leaders is absolutely unique. Highly recommended.

