

## *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 are you not sure whether you want to aim for the top? You would love to have access to insider knowledge and a group of similar minded women to support you in your endeavour? Then our group is exactly what you are looking for!



### **You are not alone!**

**Leveraging off experience at the board level, extensive research into women's careers, global role models and a community of like minded women, you will be skillfully guided in reaching your career aspirations.\***

#### **Who participates in the mentor coaching group?**

We work with just 12 female Leaders to deliver a unique coaching experience. We offer a mix of insider knowledge, research findings and practical know how regarding career paths. And we give you individual advice for your own career! 89 percent of our previous group participants have subsequently made a significant career progression.\*\* We will help prepare you for your next career move.

\* Drawing from the global research of the Global Women Career Labs involving 150 Senior Executives from eleven nations

\*\* Analysis of career paths of previous participants in this program



#### **The mentor coaching group includes:**

**Britta Bomhard**, an elected Officer and on the Board of a S&P 500 company listed on the New York Stock Exchange for more than 5 years. Long, successful career in top management in several countries. Certified coach.

**Dr. Bettina Al-Sadik-Lowinski**, career researcher\*, author of several books focusing on women in leadership and the international careers of women in top management. Founder of the Global Women Career Lab. International Master Certified Coach (MCC) by the International Coaching Federation and coach trainer.

All participants will benefit from individualized coaching that is practical, drawing from extensive experience and research. You will learn from the insights of global role models who climbed the corporate ladder to top management and you will gain a deeper understanding of the male perspective on gender collaboration. The insights from the Global Women Career Lab\* will be customized to your individual needs.

## **What will you take away from the Mentor-Coaching?**

*Friday 24.1.2025 \*\*\**

### **Session 1: Where do you stand? What is your goal? Clarity regarding What do you want?**

You will have your aspirations clearly articulated using tools such as a vision board, incorporating your career capital and skills, a description of your future self and actionable next steps for your career path. Including how to further your career with or without children.

*Friday 7.2.2025*

### **Session 2: How to build a strong network?**

Understanding male colleagues and bosses better, and making them your ally.\*\* 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.

*Friday 7.3.2025*

### **Session 3: How do you communicate your aspirations?**

How to communicate and raise the visibility of your achievements. How to respond when male (and female) colleagues try to undermine you. How to spot political games and roadblocks to advancements early on, and what to do about them.

*Friday 11.4.2025*

### **Session 4: How can you negotiate your career path?**

Draw on the boardroom and C-level experience of your guides. How to build fruitful and lasting relationships with headhunters and how to negotiate your remuneration package.

**All sessions at 9-11.30 am CET, 1.30pm-4 pm IST, 4pm-6.30pm CST**

\* Global research of Dr. Bettina Al-Sadik-Lowinski includes "Women in top management" de Gruyter, and "Typology of career paths of international Top Women Managers" Cuvillier Verlag

\*\* Research with male executives from eleven nations by Dr. Bettina Al-Sadik-Lowinski "Alpha Males and Alpha Females" de Gruyter

\*\*\* If you cannot join a session, you will receive a copy of the materials used

## **Development of your personal career plan in an individual coaching session**

Health check of your current career situation, clearing of blockages and development of an individual action plan for your future path. Individual coaching of 1.5 hours with Dr. Bettina Al-Sadik-Lowinski or Britta Bomhard, depending on your focus.

### **Supported by your personal community of practice \***

You will become part of a selected group of likeminded women, supporting each other during the program and holding you accountable that you will advance. Our preselection process will ensure the group has the right composition and motivation. Through a private LinkedIn group, we will exchange prompts to support you, helping to further advance your learning and experience.

\* S. Lave & Wenger. Situated Learning: Legitimate Peripheral Participation. Cambridge University Press.

#### **The package includes:**

- + 4 virtual meetings with insights from the top and group mentoring (2.5 hours each)
- + One individual coaching session
- + Access to a curated, closed LinkedIn Group

By having a selection process, we ensure an exclusive group of like-minded women.

The dates for the individual coaching sessions will be agreed with each participant. Contact Dr. Bettina Al-Sadik-Lowinski on alsadik@bas-coaching.com for details on the cost and timing.

**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 12 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.

**“ 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.**



**Act now to advance your career. It will pay off!**