



## HOW WOMEN RISE: HELPING WOMEN REACH THEIR FULL POTENTIAL

OCTOBER 3, 2023 | 9:00 A.M. – 4:00 P.M



SALLY HELGESEN

Sally Helgesen draws from her bestseller, *How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job*, co-authored with legendary executive coach, Marshall Goldsmith, which identifies the habits or behaviors most likely to get in the way of successful women. Most of these behaviors are rooted in strengths that may have served women well earlier in their careers, but can undermine them as they assume more responsibility and scope.

Everyone has self-limiting behaviors, for the simple reason that we are all human. Women often face very different challenges as they seek to advance in their careers and operate on a bigger playing field, so it makes sense that women would adapt their behavior in different ways. These differences in turn shape their expectations of what behaviors will be effective.

Knowing how to spot these habits is helpful for women in their careers, but is also essential for both women and men seeking to become more effective leaders, mentors, coaches, and champions for talented women. Open conversation about these habits and behaviors can be a powerful spur for organizations seeking to encourage more inclusive behaviors. This program will not only bring these habits to the forefront, but provide men and women ways to practically address.

### This program will help leaders:

- Identify the habits that most frequently hold women back from reaching their full potential.
- Understand actionable practices that men and women can take with them in order to become more effective leaders and enlist one another as allies in one another's development.
- Utilize and implement actionable skills through practice and application.

**Competencies Addressed: Demonstrates Self-Awareness, Develops Talent, Drives Engagement, Self-Development, Values Differences**

### SALLY HELGESEN

Sally Helgesen, cited in Forbes as the world's premier expert on women's leadership, is an internationally best-selling author, speaker, and leadership coach. Sally has been named to the Thinkers 50 Hall of Fame, which honors those whose thinking has shaped the field of leadership worldwide. She also ranked number 5 among the world's thought leaders by Global Gurus. Sally's most recent book, *How Women Rise*, co-authored with legendary executive coach Marshall Goldsmith, became the top-seller in its field within a week of publication and rights have been sold in 18 languages. Previous books include *The Female Advantage: Women's Ways of Leadership*, hailed as the classic in its field and continuously in print since 1990, and *The Female Vision: Women's Real Power at Work*, which explores how women's strategic insights can strengthen their careers. For over 30 years, Sally has delivered leadership workshops and keynotes for companies, partnership firms, and associations around the world. She is also a contributing editor for Strategy + Business magazine and a member of the 100 Coaches Network and the New York and International Women's Forums.



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