



THE ABBOTT  
ADVANTAGE

# Empow(HER)ing Workplace Confidence

## Fueling Success for Women at Work

### CLASS DESCRIPTION:

Are you ready to unlock your full potential and thrive in the workplace? Join us for an empowering two-hour workshop designed exclusively for women, where we will dive deep into the art of building unwavering confidence and harnessing it to propel your career forward.

#### Course Highlights:


- Dive into your own imposter syndrome
- Release the inner critic and shift yourself talk
- Learn to navigate challenging workplace dynamics
- Develop your own personal brand to increase your confidence in the workplace and beyond.

### CLASS IS BEST FOR:

- Women leaders looking to increase their confidence in their roles
- Women who feel imposter syndrome is getting in the way of their confidence in the workplace
- Women aspiring to move up in the workforce

## CONTACT US

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#### UNDERSTAND

Discover what holds you back from being the most confident version of you, and how that is impacting how you show up in both your professional and personal lives.



#### STRATEGY

Learn how to shift your negative self-talk and inner critic in order to help navigate through various workplace dynamics.



#### IMPLEMENT

Craft and enhance your personal brand, making a lasting impression and positioning yourself as a valuable asset in any professional setting.