

BUILD YOURSELF

WORKSHOP

THE BUILD YOURSELF+ WORKSHOP

How many women have passed up opportunities that were right in front of them because they worried they were underqualified? In her recent book Lean In Sheryl Sandberg calls attention to these patterns which plague even women at the top, and the vicious cycle of women, socialized to undervalue themselves, and societal pressures that reinforce this. Millions of women have read Sandberg's book, but how can we cross the gap between reading and enacting change in our own lives? This workshop, designed for the time strictures of busy women's lives, trains women in the tools of 'leaning in' and supports them in applying these tools in their own lives.

COURSE PHILOSOPHY

This workshop is based off of the tried and tested model of individual reflection in the context of community support. A group of women meet weekly for 2 hour sessions. Each session will cover a relevant subject, such as public speaking or negotiation tips, and after each session, they will take on a personal challenge related to that subject. The sessions will be a safe forum to discuss the progress on those personal challenges--what worked, what didn't and how participants felt about the experience. In the workshop, women will reflect on their behavioral patterns and develop new ones, cheering each other on as they achieve real progress, and build momentum.

MEETING FORMAT

Weekly Update: Students check in about their experience in the last week enacting their personal challenge.

Workshop: A facet of leaning in--from negotiation, to quieting the critical voice inside is introduced through lectures or speakers.

Personal Challenges: Each participant selects and commits to a personal challenge related to the day's content.

COURSE CURRICULUM

Week One

WHAT WOULD YOU DO IF YOU WEREN'T AFRAID?

Introduction

Introduction to class. Participants introduce themselves: Why you're here.
Overview of class meetings and topics.
Logistical notes: scheduling a time to record you speaking.

Workshop

The Power of Fear: Introduction to Lean In concepts on managing fear, and what you can accomplish when you set it aside. Introduction to concept of beta testing for your life: You don't wait until the product is done, you test it by prototyping it.
Activity in Pairs: Discuss what you would do if you weren't afraid? Where would you want to be in five years? Ten years? Fifteen? What do you want your life to look like?

Personal
Challenge

Set a big hairy audacious goal (you can change it later.) Tell five people.
Additional Homework: Begin filling out personal assets worksheet.

Week Two

THE CRITICAL VOICE

Introduction

Check ins: Last week's challenge reflections.

Workshop

The Persistence of Negative Self-Thinking by Women & Strategies to Manage It
Speaker, Anna Cable, LCSW

Personal Challenge

Keep a critical voice journal for a week. Jot down every time you have a negative thought about yourself or your work.

Week Three

SITTING AT THE TABLE

Introduction

Check ins: Last week's challenge reflections.

Workshop

The Habit of Undercrediting Ourselves: Separating good humility from putting ourselves down. Undercredited and Overcommitted: How "obligation debt" pushes us to take on too many commitments and prevents us from succeeding in those we choose.
Activity in Pairs: Commitment Inventory: What are you involved with that you don't want or need to be?
How to step up into leadership by being entrepreneurial about your role.

Personal Challenge

Buyer's choice: Take credit for something you're already doing. Or step up your role in a commitment you want to increase your leadership in.

Week Four

POISE AND PRESENCE

Introduction

Check ins: Last week's challenge reflections.

Workshop

Presenting with Poise and Confidence.

Personal Challenge

Present, record and watch yourself.* Take notes on what works about your style, and what could be improved on, and how.
*Can be done a previous week, as participants' schedules allow.

Week Five

NEGOTIATION

Introduction

Check ins: Last week's challenge reflections.

Workshop

Negotiation Skills for Everyday Life: How your ability to make the big asks start with the little asks. Negotiation is style + information: How to get your facts and prepare.

Personal Challenge

Pick one of three negotiation challenges (taken from the book [Ask For It](#), see bibliography)
Additional Homework: Prepare reflection collage, and design your post-class personal challenge.

Week Six

RECAP: TAKING STOCK AND MOVING FORWARD

Introduction

Check ins: Last week's challenge reflections.

Workshop

Reflection Collage Presentations
Reflection discussion: What would you do if you weren't afraid?

Personal Challenge

Take on a personal challenge for the next six months and email it to me. I'll send you a reminder in three months and in six to check on your progress. "pay it forward," give back by doing something in your community.

BIBLIOGRAPHY

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Sandberg, Sheryl. Lean In: Women, Work, and the Will to Lead Knopf Press, 2013