

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 moving up in your career, 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

ADVOCATE FOR YOURSELF

Identify your wants and needs ask for them, navigating the subtle biases and structural challenges that hold us back.

Week Two

BUILD INNER CONFIDENCE

Quiet that voice of self doubt so you can get on with the work and be confident and powerful.

Week Three

GROW IN YOUR CAREER

Make moves that get you from here to there without having to choose work or life. Get recognized for your work and navigate risk, and bias against women in charge.

Week Four

POWERFUL COMMUNICATION

Develop a powerful voice and body language that instills confidence in you.

Week Five

NEGOTIATE AND ASK

Get more of what you want, on your own terms through negotiation strategies that fit you and your personality.

Week Six

BUILD YOUR PRACTICE AND THE CULTURE

Develop practices for integrating self-growth into your daily life and building your old girls network