

Capability building for rising leaders

With the skill building workshops Advance aims to support women in various stages of their career:

- We will encourage you to develop and articulate aspirations to advance.
- We will coach you to enhance performance in your current roles and to be viewed as having potential for long-term advancement.
- We will prepare you to perform well once you have advanced into new roles.
- All workshops offer excellent opportunities to broaden your network with peers from other companies.



Projecting Credibility and Confidence Increase your impact

Whether you are meeting one-on-one or presenting to a large group, appearing credible and confident will significantly raise your effectiveness. Through a combination of content-rich information, precision feedback, and practical skill building, this workshop will increase your awareness of your personal style while providing you with a tangible action plan for improvement.

What to expect:

Information

We'll discuss the power of the "sub-textual" conversation—body language, vocal patterns, and mannerisms that can raise or lower your status in the workplace.

Video Exercises

You will have four individual speaking opportunities in front of the group (videotaped for your home enjoyment).

Lots of feedback

We'll discuss how you are likely to be perceived. We'll assess what's working for you, and what's not. Count on the coaching to be straightforward, tangible, and relevant to

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your real-world experience.

Overview

- One day workshop (1 credit/participant).
- Additional credits can be bought for 1'100 CHF / participant.
- Max. 25 participants from different Advance member companies.
- Language: English
- Exact dates and locations: to be confirmed
- Registrations via the member area of the Advance website.

Target Audience

- Mid-level high potential female employees from member companies.
- Minimum 3+ years of leadership experience.

Purpose

You will discover how to

- Cultivate personal presence
- Connect with your audience (one-on-one or large group)
- Balance authority with approachability
- Avoid unintentional behaviors that may lower your status
- Demonstrate composure when the pressure is on

Benefits

- Get better results from prospects, clients, vendors, and colleagues
- Attain status as a competent, respected professional
- Gain control of the image you project

Key Take Away

You'll walk away with a clear idea of your strengths, weaknesses, and what you can do to help your audience get the best possible impression of you.

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Facilitation Team

The time is now to support the advancement of women in Swiss business. We anticipate benefits for you, your organization, and society. Join us to further enhance your capabilities to positively impact the world on a personal and professional level.



Cara Hale Alter

As founder and president of SpeechSkills, Cara has provided training to some of the world's best-known companies, including Allianz, Caterpillar, Cisco, eBay, Gap, Google, Pixar, Pandora, Schwab, and Williams-Sonoma. A guest lecturer at UC Berkeley, Harvard University, Stanford University, and UC Hastings College of Law, Cara has also worked with numerous top-100 law firms, including DLA Piper, Morgan Lewis, O'Melveny & Myers, and White & Case. She is a frequent media resource, with appearances in *Forbes.com*, *The Globe and Mail*, *USA Today*, and countless other media outlets. Her critically acclaimed book, *The Credibility Code: How to Project Confidence and Competence When It Matters Most*, brings the key concepts of her signature workshops to the printed page.

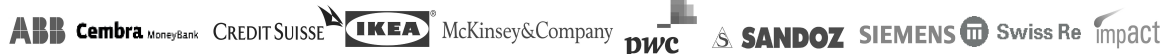


Malvika Singh
Managing Director
Impact

Malvika Singh is the founder of IMPACT, an international consulting and leadership development firm. She works with CEOs, senior executives, and teams in the areas of leadership development, culture change initiatives, high-performance team development, innovation, and one-on-one coaching. Malvika has worked as a consultant in the chemicals, financial, hi-tech, reinsurance, pharmaceutical, beverages, not for profit, and educational sectors. Her work focuses on the creation of innovation by design, and she specializes in working with individuals and organizations to create breakthrough results.

For more information, please contact the Advance workshop coordinator at contact@advance-women.ch

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