



Don't Get Sucked into the Female Leadership Vortex

Women on their journey to leadership are often faced with a difficult choice: focus on your career or build a life and/or family you desire. Sadly, there are way too few examples these days of how to have both.

As a result, women who choose to climb the corporate ladder, start their own business or become a successful leader at work often find themselves feeling like they “gave something up” along the way. Some even “gave up” their careers because of the disproportionate amount of stuff on their plates. Have you grappled with this choice in your own career?

According to the Network of Executive Women, executive women leave their jobs at over three times the rate of their male colleagues. Why? The expectations both in and outside the workplace for women are different and as a result, women are overwhelmed and overworked. So if you haven't yourself, chances are you know someone who has.

And here's the hard truth: You really can't have it all. Instead, you can have the things you truly want to build both a professional and personal life you love if you understand what you're actually trying to achieve.

In this honest and real program, CEO, entrepreneur and mom Jessica Gendron Williams will help you create the picture of a life you're thrilled with. Through practices of self-advocacy, setting better boundaries and learning to use the word “no,” you'll be able to have what really counts—a life you're proud of and living fully with no regrets.

After this session, attendees will be able to:

- Articulate the vision they have for their own life, both personally and professionally
- Understand how to establish boundaries to help them fulfill their life vision
- Discover how to have what they want without trying to have it all