



Leadership in High Heels[®]

A series of workshops offered by Mpowerment Works, Inc.

There is an urgency to prepare and support women to take on leadership positions in the public and private sectors. “Women hold up half of the sky” and they should manage half of the earth. Women represent the majority in the world with 51% of the population, but are not equally represented in

leadership positions. Although women occupy 40% of all managerial positions in the U.S., only 6% of chief operating officers and above positions are held by women. Only 2% of chief executive officers are women and only 15% of board of directors’ seats are held by women.

Mpowerment Works offers a series of 5 workshops aimed at empowering women to take charge of their lives, prepare them for leadership positions, and become agents of change. Our facilitator, Marisa Rivera, will provide participants with a road map to success at work, at home, and in their personal lives. Mpowerment Works will bring these workshops to you! This series is intended to be provided once a month, and each workshop will last two to four hours depending on clients’ time availability. Contact us today for rates and availability at (703) 999-4122 or email MBlake@MpowermentWorks.com.

1 Breaking the Glass Ceiling

Learn about the status of women globally and nationally and discuss how to thrive as a woman leader — having a vision, having the courage and inspiration to speak up and become an agent of change, and empowering yourself to lead! These are all skills necessary for breaking the glass ceiling and regaining your power!

2 Preparing and Marketing Yourself for Leadership Positions

During tough economic times, job losses, and much uncertainty, knowing how to brand and market your strengths, talents, and experience is extremely important. This workshop will teach you to better position yourself for promotions, build resiliency, achieve visibility, take calculated risks, build support networks, and influence individuals and the masses as you move into leadership positions.

3 Empowering YOU to Create the Life You Want

We all want a happy and fulfilling life! Gain the tools you need to have the self-confidence, the drive, and the clarity to create the life that you want. Be prepared to empower YOU, and learn an empowerment model to envision what you most desire out of life, relationships, career, health and personal happiness. This workshop will include personal reflections, interactive exercises and creating a life plan.

4 De-Stressing Your Life — Work and Play Everyday

As women, we are multi-taskers; we are the CEOs of our own home. We are bosses and employees, mothers, wives, daughters, community activists, caregivers, and so much more, but we forget to take care of ourselves. In this workshop you will learn how to unleash your creativity so you can lead the life you always dreamed of. Now more than ever is the time to build your self-esteem, take care of your health, your mind, and your body, as you manage your career and cope with stress. This workshop will provide a plan and strategies on how to incorporate more time for your health, body, mind and spirit.

5 Owning Your Leadership: A Call to Action

Leadership and success are a choice — you are in control of your life and your future, don’t let anyone else do it for you! Explore proven strategies that overcome major challenges women still face in achieving visibility, building support, setting boundaries, and influencing decisionmakers. Stepping into leadership and creating your own success is YOUR choice!