



**Career Accelerator**

**Personal & professional  
Development**

*Designed by a woman. for women*

**THEWOMANBEHINDTHEWOMEN**

# Tired of feeling stuck, underpaid, and undervalued? Reclaim your power with our exclusive Women's Group Coaching Programme

Are you an experienced woman tired of being squeezed by the corporate machine? Feeling frustrated, underwhelmed, and underpaid? You're not alone. Countless women, just like you, are ready to break free and create a career that fuels their soul, not drains it.

This is your chance to:

- Join a supportive community of 6-8 like-minded women who understand your struggles and are committed to your success.
- Leave the feeling of being "bruised" behind and gain the confidence to demand what you deserve.
- Regain your confidence, find your voice and soar into the next chapter of life, feeling supported, with a group of women around you who uplift you, challenge you and keep you aspiring to the next level
- Work with proven strategies and insights to overcome imposter syndrome and unlock your full potential.
- Craft a clear vision for your future and map out a personalized 18-month plan to achieve it.

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Group coaching, where you will be coached by the woman behind the women, in 12 interactive and immersive sessions,  
X1 per month.

Tuesday 12-1.30pm (schedule in the contract attached)

What will you get from the group coaching  
To meet and network with 5-7 women from around the globe, all sharing and supporting each other

To understand more about you, and your intrinsic motivators, what's important to you we will clarify your next steps

Support your journey through both personal and professional development

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What's included?

## The Vision Boarding coaching session

Spark your dreams, dare to be bold, create the vision that step by step we will turn into your career reality

An exploration of your inner dreams, and your practical needs combined to create a vision board, a dream that can be turned into reality

Interactive, instructor led, and a session whereby you can explore your wants, needs, desires and start to create a framework to access them

All in the safe and supportive environment that is Group coaching, after this session you will be left with practical guidance to start to build towards your desires, whether they be a promotion, a new role, a salary rise, a change of career, a new property, a passive income, whatever they are, we start to build out a personalised plan to work towards them

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What's included?

## The Personal Branding session

Craft a powerful, authentic brand that attracts your dream opportunities. Image and reputation is key to creating success, and so often we don't understand what our brand is, it's what said about you when you are not in the room, Learn how to create a personal brand that will help you to excel

Create a value proposition detailing your unique value and contribution

Take control of the narrative and be confident to express your value with ease, no more holding back or waiting for permission

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What's included?

## The social media session

Learn how to craft an attractive and authentic social media profile for LI, and how to replicate this. Less than 1% of people post on LI, usually due to fear of being visible, or not being sure what to say. We dedicate this time and space to harnessing the power of LI, Learn how to enhance your network. Get noticed by employers and create opportunities that lay simply untapped.

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What's included?

## The Brag session

So often as women we externalise achievements, we just don't recognise them, we externalise successes and that leads to us being less likely to self-promote and therefore left behind.

We show you how to create a brag file

Recognise your achievements and accomplishments. Define the value you bring and teach you how to use that muscle of self-promotion, never get overlooked again! Confidence when self promoting creates a first impression like no other, and means you will gain multiple opportunities

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## The Negotiating session:

Master the art of negotiation and command your worth.

When it comes to salary, we often struggle to negotiate, to stand firm and be clear as to what we are worth, and why

This coaching session will give the you resources and confidence to negotiate at offer stage for roles

To discuss salary and compensation with your employer and become confident in the art of getting what you need and deserve

## The Perfect CV session

Showcase your skills and experience like never before.

So often we approach CV writing as a huge task that is time consuming, and we don't understand how to elevate ourselves during the application process, during this session we discuss and create all things CV, and show you how to access the hidden market, using a one pager and out reach messages that get a killer response

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The Networking mastery session:

Your network is your net worth, understanding how to build a network and create meaningful connections that open doors, get you seen and bring opportunities to you is key. This session we review your contact constellation.

We map out who needs to know about you that doesn't know about you, and we create a strategy that will allow you to build your LI contacts, your community and be noticed by the people who can influence and shape your career

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## The Boundaries Session

How often do you find you've run out of time or energy because saying no is hard, or its easier to just say yes and do the task.

This leads to you burning out and feeling overwhelmed, Learn how to hold your boundaries professionally and personally.

By saying no professionally and personally you will create more space, more time and ultimately have more energy for what really matters.

Allowing you the time to work on your priorities.

## The big one, Confidence & Overcoming the Imposter:

Silence the self-doubt and believe in your brilliance, starting to believe in yourself again takes time, and firstly we need to unravel where your confidence became affected

Then we pinpoint the triggers, or markers, and we look for evidence that you aren't good enough, that you don't have the skills that you can't get that next role or make the next move

This session will leave you recognising your self worth banishing your imposter and bouncing into new opportunities and challenges.

## The values session:

Discover your core values and purpose for a fulfilling career. Our values can alter and shift as we evolve, and so do our priorities, we can find ourselves triggered and confused when we don't align with our values.

We spend this session understanding our core values and identifying what's important to us and how to take steps to live the life we want, within our values, and still ascend.

The interviewing mastery session;

The interviewing landscape varies massively, from biographical, to behavioural to situational to group, In this session we explore how to prep and how to approach interviews

How to demonstrate your value and your worth at each and every stage

How to be the standout candidate during the process

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## The Tactical session

Creating a Clear Plan: Set SMART goals and actionable steps for sustained success.

Using all of the tools, techniques support and growth

Set a clear and actionable path to success

No longer be blocked by external limitations, your own limiting beliefs or negative thought patterns, be ready to step into that vision board and create the reality that you desire

## Freebies

- A dedicated cohort what'sapp space, support and encourage each other share your journey and have coach Jo on hand to answer questions
- Vision board templates and framework
- Personal branding kit, create your brand using this framework that is customised for women
- Social media bio examples, content hacks, and prompts to create posts quickly
- Brag file content and structure
- Interview tips & hints
- Cheat sheets for all of the topics
- Guidance and advice on selecting the right recruitment agencies for your needs
- Salary benchmarking and how to gain data insights
- An accountability partner, keeping you focussed on your goals and committed to yourself and your desires
- Monthly mindset hacks
- Access to the mailing list, exclusive offers and coming soon... The retreat..... shhhhh

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# About Jo

Areas of expertise • Programme, and curriculum management • Delivering bespoke programmes • Authoring and curating learning • Executive Coach & mentor • Women in leadership • Self-belief and confidence • Diversity & Inclusion • Bolton & Bolton Social Styles • Reframing thinking • Influencing change Education and qualifications • ILM17 post graduate diploma, • Executive & Senior level • Coaching & mentoring • Systemic Team Coach Certification • AoEC – The academy of executive coaching • Licensed TC360 Practitioner • EMCC – Associate member • Certificated Hogan Personality Assessor

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Jo's early career was success in the Recruitment and staffing industry, for market leaders, such as, Staff line, Kelly and Adecco, before heading up Adecco's sales academy.

Jo then transitioned into a role at national level, researching, designing, and delivering Learning and development for a boutique agency, across several mediums, including, classroom, static learning, online, and face to face. Jo has extensive experience having delivered over 23,000 hours of training, from onboarding, to process and procedure, legislation, sales cycle, recruitment, interviewing, assessing, management, leadership, and senior level trainings.

Jo has also trained trainers to become confident, successful authentic facilitators.

Jo has researched, designed and delivered entire learning curricula for organisations to assist women in their ascent within their current organisations.

She also coaches and mentors' senior leaders, for whom she acts as a confidential sounding board and trusted critical friend.

Jo's flair, passion and enthusiasm for women shines through in all that she does. She has worked with leading companies and organisations. Currently, Jo works extensively supporting Women in leadership programmes.

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