

# Ready to take the next step in your career?

Accelerate towards your goals and join the next cohort for the autumn

## SmartWoman™ Programme



A programme of group and individual coaching sessions for professional women  
Achieve your career goals in a supportive and encouraging environment!

- 2 group sessions & 3 individual sessions | Complete package: £550 + VAT
- Programme starts Wednesday 8 November
- 3 individual coaching sessions on Zoom to suit your schedule

Book now at [doering-training.com/smartwoman](https://doering-training.com/smartwoman)

We are excited to welcome new coachees to the next SmartWoman™ Programme cohort starting autumn 2023

You benefit from being part of a group together with other female professionals, as well as receiving individual personalised coaching - all in an effective and best-value package.

Small group sessions are limited in numbers enabling rich collaboration, as well as constructive group work, exercises and discussion.

### Programme Structure

Group session 1 Wednesday 8 November 2023 – 90 minutes

- Improving self-confidence
- Planning a career strategy
- Using your network

3 individual coaching sessions - 50 minutes each scheduled at your convenience

- You bring your questions and goals to each session
- Unlocking greater potential aligned to your objectives and challenges
- Creating an action plan to accelerate towards your goals

Group session 2 | Wednesday 10 January 2024 – 90 minutes

- Staying on track
- Self-care
- Working with others



Dr. Susan Doering  
executive coaching & training



Any questions - get in touch at  
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