

ONLINE GROUP MENTORING PROGRAMME

EMPOWERMENT & GENDER BALANCE

**INFORMATION FOR PARTICIPANTS
WINTER 2020/SPRING 2021
PROGRAMME**

EVENTS, NETWORK, MENTORING

BY PWN FRANKFURT



WELCOME TO PWN FRANKFURT

and thank you for the interest in our mentoring
programme

We are a welcoming local community of English-speaking professional women. We work towards balanced leadership and female empowerment.

Our members are women aspiring to a fulfilling career (that might mean career advancement, but also starting a business or finding work-life balance). They might be interested in leadership, uniquely female challenges or socializing with like-minded individuals.

When you become a Premium member you can take part in our social networking events, our workshop series & a mentoring programme, and access many informative webinars online!

PLEASE CONTACTS US, [SUBSCRIBE](#) TO OUR
NEWSLETTER, OR [FOLLOW](#) ON SOCIAL MEDIA, WE'D
LOVE TO STAY IN TOUCH!

CONTACT US

EMAIL

contact.frankfurt@pwnglobal.net

WEBSITE

www.pwnfrankfurt.net

SOCIAL MEDIA

LINKED IN

www.linkedin.com/company/pwnfrankfurt/

FACEBOOK

[@pwnfrankfurt](https://www.facebook.com/pwnfrankfurt)

EVENTBRITE

pwnfrankfurt.eventbrite.de

MEMBERSHIP

We offer a free membership, and a premium one. Have a look at the options here:

bit.ly/PWNFmember

SUBSCRIBE

EMAIL NEWSLETTER

bit.ly/PWNFnews

QUICK FACTS

Winter 2020/Spring 2021 Programme

01 WHEN?

The programme runs from November 2020 to April 2021. It consists of **six monthly sessions**, with each session lasting approximately 1.5-2 hours.

02 WHAT ARE THE MENTORING GROUP THEMES?

We have **two mentoring groups**, each with **7 member mentees** - Leadership led by Martina Ochel and Career Planning led by Ulrike Nußbaum.

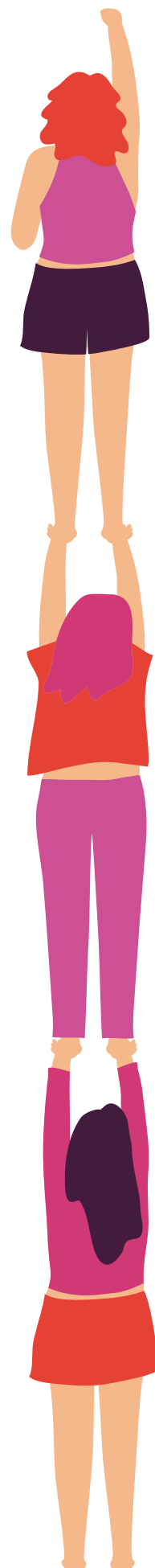
03 HOW MUCH DOES IT COST?

To be eligible you must first be a **premium member** of PWN Frankfurt - see here for registration and benefits. Annual membership costs €100. If you are selected to participate you are also asked to pay a small **additional fee of €50** to cover administration.

04 PRE- REGISTRATION: WHY? BY WHEN?

We want as much variety as possible amongst the mentees in each of the mentoring groups regarding industry, role function, profession and any conflict of interest. Selection for participation will take these factors into consideration. Once these are met, selection will be on a first come first served basis.

The **closing date for pre-registration is 25 October 2020**. Applicants will be informed by 28 October 2020. Participation fees must be made by 2 November 2020.



PWN | FRANKFURT
PROFESSIONAL WOMEN'S NETWORK

MEET OUR MENTORS

LEADERSHIP

"BE YOURSELF AND NOT WHAT YOU BELIEVE OTHERS WANT YOU TO BE"



MARTINA OCHEL

Martina is an executive leader with over 30 years work experience within the pharma industry, 20 of which were spent in leadership positions. Her career has seen her work in many different cultural settings on both sides of the Atlantic, in countries such as Germany, France and the United States.

As a female leader working in a predominantly male leadership environment she developed a passion for promoting gender diversity initiatives and supporting female leaders to succeed. This has led her to co-found Sanofi's Gender Network and to share her leadership experience, engaging with female leaders in a mentoring capacity.

She is a true believer in the power of mentoring and is excited to sharing her experience as a leader and continuing to grow herself through this shared experience.

CAREER PLANNING

"ALWAYS TAKE A STAND FOR YOURSELF AND YOUR VALUES"



ULRIKE NUSSBAUM

Ulrike has enjoyed a 15 year HR Consultancy and Talent Development career with Mercuri Urval, following which she holds the leadership role of Talent Development Solutions Director with LHH. Throughout her career as a leader in the IT/TK industry she also led sales teams and in her current role she partners with HR leaders across all industries. She is a highly experienced Coach and Facilitator, holds Diplomas in Coaching and Psychometric Testing.

With her extensive background, Ulrike is passionate about developing female leaders to build better careers.

THE PROGRAMME

Winter 2020/Spring 2021

LEADERSHIP

"BE YOURSELF AND NOT WHAT YOU BELIEVE OTHERS WANT YOU TO BE"

MARTINA OCHEL

November 2020 - tbc	Goals, expectations and rules of engagement
December 08 2020	Leading through empowerment
January 12 2021	Self-Awareness and Self Marketing
February 02 2021	Networking: Why, How, When and with Whom
March 02 2021	Impact of the cultural environment
April 6 2021	Leadership and family: Possible?

CAREER PLANNING

"ALWAYS TAKE A STAND FOR YOURSELF AND YOUR VALUES"

ULRIKE NUSSBAUM

November 2020 -tbc	Goals, expectations and rules of engagement
December 10 2020	Your vision and goals for your career based on your strengths
January 14 2021	Work at the right level
February 11 2021	Influence your network
March 11 2021	Self-confidence and presence
April 15 2021	Strategic communication to influence up

[Pre-register here](#) by 25 October 2020

Mentor - Benefits and Commitments

BENEFITS

01

Broadening of the Mentor's perspectives through exposure to the mentee's perspective which might differ from that of the mentor

02

Provides opportunity to develop their interpersonal and facilitation skills

03

Boosts mentors own motivation, job satisfaction and productivity

04

Increases mentors visibility and reputation beyond their own organisation

COMMITMENTS

01

Conduct, as planned, all 6 sessions for the group

02

Share knowledge and experience with confidence and humility

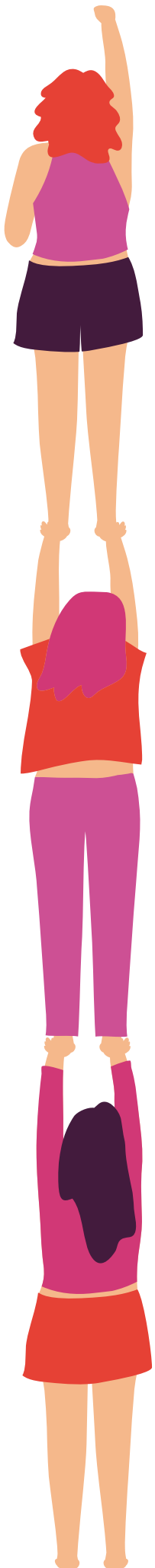
03

Ensure confidentiality and respect in the groups

04

Comply with all the procedures established by PWN Frankfurt for the smooth running of the group.

[Pre-register here](#) by 25 October 2020



Mentee - Benefits and Commitments

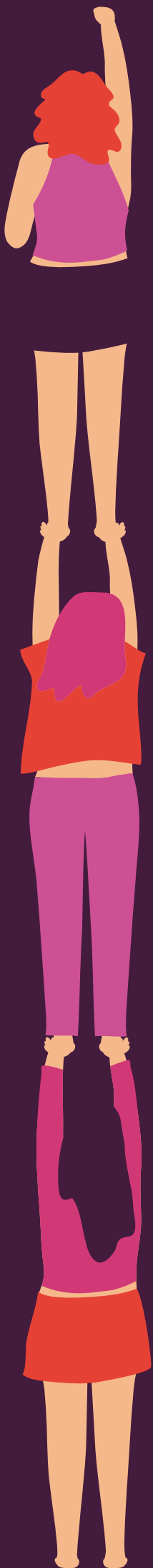
BENEFITS

- 01 Increased awareness of personal biases, assumptions and areas for improvement
- 02 Provides access to the experience of the mentors
- 03 Brings renewed enthusiasm to achieve professional goals
- 04 Enhances mentees confidence in overcoming challenges

COMMITMENTS

- 01 Attend all 6 group sessions
- 02 Define your individual action plan to work towards meeting your objective during the programme
- 03 Facilitate the participation of all the members that form the group
- 04 Ensure confidentiality and respect in the groups

[Pre-register here](#) by 25 October 2020



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PROFESSIONAL WOMEN'S NETWORK

WOMEN RISE TOGETHER

ONLINE GROUP MENTORING
PROGRAMME

CONTACT US AT
MENTORING.FRANKFURT@PWNGLOBAL.NET

[PRE-REGISTER HERE BY 25 OCTOBER 2020](#)