



VBA Women's Mentorship Pilot Program

Closing Event

November 18, 2020

2:00pm – 4:00pm

2:00pm **Welcome and Opening Comments** **Courtney Fleming and Laurie Milligan**

2:05pm **How to Slay Your Dragon of Self-Doubt: *Slay Like a Mother* Discussion**

Based on the book that *Parade* magazine recently named one of the "Top 10 life-changing self-help books of the year," author Katherine Wintch will share groundbreaking research on self-doubt and women. Insights collected from over 10,000 women around the world combined with Katherine's personal experience battling her own "dragon of self-doubt" will help you see that that striving for perfection and always falling short is no way to live.

Be prepared to walk away with tangible tips and tricks for destroying what's holding you back so you live the life you want – while helping other women in your organization do the same.

Key takeaways:

- How to be a high performer without being perfect
- How to teach the negative voice in your head some manners
- How to help women in your organization conquer self-doubt

3:30pm **Mentor/Mentee Spotlight** **Courtney Fleming and Laurie Milligan**

We will close out the VBA Women's Mentorship Pilot Program with a segment that will spotlight the experience you have had in your mentor/mentee partnerships. In this roundtable exercise, we will ask each mentor/mentee duo to answer one or more of the following questions:

- What was the highlight of your experience participating in this program?
- What has changed for you already as a result of your participation?
- What will you do differently in the future based on this experience and what you have learned?
- Other: If you would like to highlight something else, please feel free to share your general thoughts/experience with the group.

4:00pm **Adjourn**