

WEEP

Women Empowerment & Encouragement Program



About the program

WEEP is a Coaching & Mentoring program which has been developed to empower and encourage women with an emphasis on women's self-confidence. This program helps women discover and maximize their potential and leverage it in every situation. It helps businesses to increase women's engagement and productivity through interactive self-confidence development workshops. The goal is to help companies empower and encourage the most valued asset, employees - women, who are mostly not aware of their real potential and miss the courage to discover it and use it. WEEP represents unique series of workshops focused on self-esteem, self-care, self-motivation, self-awareness, self-confidence, mental wellness and work-life balance. WEEP is delivering support for women's career, self-development and authenticity.

Why

Low self-esteem limits every woman and deprives her of many opportunities in her private and professional life. Lack of self-confidence can negatively affect how women feel about themselves and their abilities and also how they make decisions. Fear is natural and having courage doesn't mean not having fear. Fear can play excessive role in women's life and the lack of courage, empowerment and encouragement doesn't allow many women to discover and utilize their full potential. That's why it is so important to support women.

Goal

Motivate, Engage, Empower, Encourage and Retain Women in Your Workforce. WEEP's concept is focused to make women happier and bring more positive emotions in their life; to support them to have courage, to speak up with confidence, to believe in themselves and to let go of guilt, fear, procrastination and perfectionism. Simply to fulfil their potential.

How

Interactive workshops based on integrative coaching approach.

For:	Women, Middle Management
Program Intensity:	24 hours (8 x 3 hours)
Group size:	Up to 12 participants
Mentor:	Ing. Eva Čerešňáková, MBA.
Contact:	eva@ceresnakova.cz +420 777 650 351

About the Mentor

- Experienced manager, host, speaker, mentor and coach
- Graduated at the University of Economics in Prague (Ing.)
- Master of Business Administration - Coaching, Mentoring and Leadership program
- Certified coach (one year intensive training by FBE certified by EMCC, Practitioner Level).



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8

Intensive workshop



INTERACTIVE

Limited number of participants



INDIVIDUAL

Possibility of individual coaching sessions

Workshops and key topics

#1 Self-esteem

How to appreciate yourself

#2 Self-development

How to find your inner power

#3 Self-motivation

How to maximize your inner drive

#4 Self-care

What helps you feel more powerful

#5 Self-awareness

Finding ways to self-awareness

#6 Mental Wellness

How to boost your mental health

#7 Authenticity

How to be the best version of yourself

#8 Self-confidence and work-life balance

How to boost your self-confidence

Cooperation



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