

Women's Career Empowerment Group
Autumn 2009
Weekly Meeting Objectives

Session 1: October 7

- Introduction of group members and co-facilitators
- Overview of group, group rules and expectations of each other
- Assess the internal and external obstacles in your career strategy/understanding your career path including influence from family
- Discuss/process information to understand your career from a larger perspective
- Assign homework

Session 2: October 14

- Process thoughts/feelings brought up from first session and homework
- Discuss experiences with oppression/career obstacles
- Assign homework

Session 3: October 21

- Speaker Series – overcoming obstacles
- Assign homework

Session 4: October 28

- Speaker Series – overcoming obstacles
- Assign homework

Session 5: November 4

- Discuss professional image and branding
- Learn assertive interviewing strategies
- Assign homework

Session 6: November 18

- Discuss effective resume/cover letter writing
- Add to resources for personalized action plan
- Learn about additional networking and mentoring opportunities for women
- Complete feedback forms about group