



careers  
**ENHANCED**

U.S. based Career Management and U.K. based Careers Enhanced are excited to offer a **free series of three 45-minute** virtual career conversations to empower professional women. Two career experts from both sides of the Atlantic will offer tried & tested career strategies and answer your questions.

**Career Conversation #1: Strengthening Your Professional Confidence**  
**Friday March 2, 2018 at 12 EST/ 5pm GMT**

[Register](#)

Confidence is necessary to move ahead in your career. If you don't believe in yourself, others will have a hard time believing in you. In this webinar, we will share successful strategies for building your career confidence to empower you and enhance your professional presence.

**Career Conversation #2: Mentoring to Build Your Confidence**  
**Friday March 9, 2018 at 12noon EST/5pm GMT**

[Register](#)

A lot is said about the benefits of mentoring but many professional women don't make the time to find a mentor or to find someone else to mentor. Women need to support and encourage each other so that we all move forward. Mentoring is one way to do this. In this conversation, we will discuss the benefits of mentoring and how to make mentoring work for your career.

**Career Conversation #3: Build Your Confidence by Negotiating for What You Want**  
**Friday March 16, 2018 12noonEST/4PM GMT**

[Register](#)

Negotiating what you are worth can be intimidating, but it must be done and it is a task that cannot be delegated. The good news is that a successful negotiation will increase your confidence. Whether you are negotiating a job offer, asking for a raise or making the case for a promotion, the process is similar. In this virtual conversation we will discuss strategies to prepare you to negotiate for what you are worth.

Join us for these career conversations with your hosts:



Paula Brand - Global Career Coach & Consultant | LinkedIn Expert | Speaker, Trainer, Facilitator  
Combining her expertise in career counseling, human resources, workforce development and training facilitation, Paula Brand has inspired thousands of women to take charge of their careers. She speaks to groups and provides individual career coaching on using LinkedIn effectively, managing a successful career and navigating through career transitions. Her focus is on empowering mid-career to executive level women move their careers forward. You can find out more at: [paulabrand.com](http://paulabrand.com) or on Twitter [@BrandCareerMgmt](https://twitter.com/BrandCareerMgmt)



Ruth Winden - International Career Management Coach | Older Worker Champion | Social Branding Analyst | Advisory Member, Career Thought Leaders  
A staunch advocate of women in the workplace, Ruth Winden creates and facilitates transformational career development programmes in organizations that strive to be employers of choice. Her latest project Older Yet Bolder, champions mid-career professionals who want to create meaningful, rewarding and sustainable encore careers. Enthused by her clients, Ruth is currently writing her first book called "Old Yet Bolder: 101 Ways to Combat Ageism at Work". You can find Ruth Winden on [LinkedIn](https://www.linkedin.com/in/ruthwinden) and Twitter: [@RuthWinden](https://twitter.com/RuthWinden) & [@OlderYetBolder](https://twitter.com/OlderYetBolder).

*Attend one or all three. The topics build upon each other but each event is a conversation in itself.*

You can find out more about these events and register at [paulabrand.com](http://paulabrand.com).

We're happy to answer your questions:

For those US based, write to [paula@paulabrand.com](mailto:paula@paulabrand.com) or call 443-254-8173

For those UK based, write to [ruthwinden@careersenhanced.com](mailto:ruthwinden@careersenhanced.com) or call +44 (0) 7949 569993