

## **Media Minds in conjunction with MESA Europe announce a series of Women's Group events in 2019**

**January, 2019 (date and venue to be confirmed)**

### **'Find your Imposter'**

You're successful and have a strong track record, yet sometimes you feel like a fraud and worry that you'll be 'found out'. If this sounds familiar, and it will for many of us, then this event is for you.

Facilitated by Alison Green (Executive Coach and Director at WOMBA), this will be an evening of coaching and guided investigation to help you understand how your 'imposter' may be getting in the way of your career progression.

The focus for the evening will be becoming more aware of your imposter, understanding how it may be holding you back and how you can make it work for you.

**Date and venue to be confirmed**

### **Public Speaking**

Because it is all about being yourself rather than putting on a performance. We believe public speaking should be about having constructive conversations, rather than impressing an audience or being distracted by nerves. This interactive workshop, will be facilitated by Laura North from Speaking Out. The topics covered will include: -

- **Overcome fears about speaking in public**
- **Improve outward symptoms of nerves**
- **Show you how to be a good speaker by being yourself**
- **Give you the skills to make you into a better speaker**

**8<sup>th</sup> March 2019 (venue to be confirmed)**

### **Women in Business Conference**

In celebration of International Women's day, this event will look to bring together women from across the industry. We are looking for thoughts and ideas on the programme and suggested speakers in order to make this a truly collaborative event.

To register your interest in these events or to discuss any assistance with the programme for the conference, venues or sponsorship, please contact either Anita O'Donnell, Media Minds ([anita@media-minds.co.uk](mailto:anita@media-minds.co.uk)) or Caroline Baines, MESA Europe ([caroline@mesaeurope.org](mailto:caroline@mesaeurope.org)).