



Think& women



Roundtables

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THE ROUNDTABLES



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What are the Roundtables?

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Nancy's Roundtables are a 'guided forum' for professional women to share their own experience and wisdom while discovering new ideas and solutions in an exploration of what it means to be powerful and authentic. >>

How is this Achieved in the Roundtables?

PG6

Meaningful teaching and penetrating discussions on living a congruent professional and personal life coupled with Nancy's unique ability to draw people into seeing new possibilities. >>

What are the Rewards?

PG8

Discovering new ways to understand, how to live and work effectively and happily. >>

Who is Nancy Trites Botkin?

PG5

A seasoned writer, producer, director, Nancy challenges the status quo of 'small think' to empower women to stand up, speak up and thrive. Think8 Women was created to enable women find their purpose and use the full range of their gifts. >>

What are the Results?

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When women can see themselves, they can validate their deep perceptions and those of others. This allows women to celebrate not only themselves, but each other. >>

Roundtable Topics

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What are the Roundtables?

Nancy's Roundtables are a 'guided forum' for professional women to share their own experience and wisdom while discovering new ideas and solutions in an exploration of what it means to be powerful and authentic.

Each two-hour session is an interactive deep-dive on topics vital to women who want to live a conscious, integrated life. It is facilitated in a concise, intimate structure, drilling down on one topic a session, with Nancy guiding the group fluidly.

Issues are visually presented and dissected in the light of current trends, best practices and historical perspectives. As they delve into each topic, women share their own wisdom and experiences as well as exploring new ways of thinking.

“These sessions help me to stop, think and re-evaluate what is most important to me. It helps me understand what I truly stand for, what means a lot to me and what I can do to be my best.” R.S.

This step-by-step unpacking of each topic allows individuals (and the group) to try on new framings for critical issues as they probe new models for operating more effectively or authentically. But most importantly, Nancy's Roundtables allow women to connect in a way that is safe and real.

“The Roundtables are a life-changing experience, both for my work and personally. This method of development is cutting edge and accomplishes so many results in such a short time. No other recent training or development initiative comes close to what the Roundtable accomplishes.” D.R

“Nancy Trites Botkin is an amazing facilitator, truly inspirational and brilliant, with the ability to touch people's lives and change the way they think.” A.M



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Who is Nancy Trites Botkin?

A seasoned writer, producer, director, Nancy challenges the status quo of 'small think' to empower women to stand up, speak up and thrive. Think8 Women was created to enable women to find their purpose and use the full range of their gifts.

Nancy encourages women to own who they are, speak clearly in their own voice and live out loud – fearlessly. Think8 Women was founded for the sole purpose of empowering women.

The value of her years in TV and film and as a strategic consultant go hand in hand with her joy in a life fully lived and expressed.

Nancy's Purpose is to help women find their own Purpose, align their lives to it and change their world, and the world.

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How is this Achieved in the Roundtables?

Meaningful teaching and penetrating discussions on living a congruent professional and personal life coupled with Nancy's unique ability to draw people into seeing new possibilities.

When asked to describe the benefits of this program the women surveyed at a multi-national company responded:

- Interactive, dynamic, validating
- Candidly engaging on challenges of work and home
- Personal and professional insight and growth
- Creates team collaboration, deeper bonds, support
- Fosters trust, transparency, empowerment
- Sharing ideas, mentoring each other
- Uncovers blind spots, provides multiple solutions

It's rare for women to talk openly and honestly about the real issues that challenge them in life and work, and even more rare to find solutions that fit them – as women – whether in management or in the workforce. Nancy teaches that the key is understanding that the more authentically we choose to live in every situation and role, the more effective we become in all parts of our lives.

A common 'norm' the Roundtables challenge is that it is okay to be one person professionally but someone else in all the other roles of life. Compartmentalization, as a life model, generally doesn't work too well for women.

“It increases my confidence and provides me with almost a refresher on how to better myself both in the workplace and outside the workplace. The Roundtables allow me to step back, open up and refocus on how to be the best version of myself to provide for the company.” **S.Y**

“All the topics are extremely relevant. The collaboration and sharing among the women is incredible and it makes you feel empowered when peers are looking for the same thing that you are – how to become better every day.” **N.F**

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What are the Results?

Women express great relief when they know that they are not the only ones facing these thorny issues. As women gain new and useful perspectives on problems, it gives them courage and freedom to make changes that will help them become happier and more secure. They speak up. They stand up. They let go of some of their dark fears.

Women think, create and work as women, not as quasi- men. Being a woman is a gift. Knowing the difference between how we function as women and men is vital to successful living. Most women still hold themselves (or are held) to a male perception of what is the norm, so they are constantly measured and found wanting.

When women can see themselves, they can validate their deep perceptions and those of others. This allows women to celebrate not only themselves, but each other.

“...I find your sessions so helpful and interesting. In addition to what I learn about myself on the different topics you cover, I find it interesting to listen and observe how the other women in the room feel, perceive themselves, speak and process what you teach.” **E.I**

“I’d like to first thank you for hosting such a fantastic Roundtable. It was an experience that I hadn’t had in a long time and I found it beyond inspirational and highly effective.” **S.H**

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What are the Rewards?

In companies where the women have participated in Nancy's Roundtables, across the board the results for these women have been overwhelmingly positive.

Discovering new ways to understand, how to live and work effectively and happily.

Significant changes, within often male dominated workplaces, as women begin to actively support each other.

Seeing themselves and others in a new light increases mentorship of other women.

Inspiring others and being inspired in clarity and vulnerability.

Choosing to live authentically, which means you bring your whole self to work and to life.

A senior manager with 150 people under her supervision was so empowered by the session on 'Authenticity' that she took all her managers out to dinner the next week to ask them the same questions Nancy had asked in the Roundtable. She wanted her employees to know that she was willing to be real and wanted them to feel safe to bring their full selves to work as well.

Nancy's Roundtables are a game-changer.

"I am a lucky person to be in the company of so many brilliant and inspiring women. Thankful for every moment of it." **P.B**

"It was our absolute pleasure to attend your Roundtable, we have not stopped talking about it since, we certainly left feeling empowered." **J.H**

“I wanted to thank you again for last night’s Think8 Roundtable session on women and authenticity. It was a wonderful session – friendly, engaging, thought provoking, and inspirational. In my case, it was especially timely as I was deeply pre-occupied about a meeting at work today at which we would hold the deciding vote for the hiring of a candidate for the tenure-track position in our department. Had I not thought about the ways in which this job hiring had become so gendered I may have gone with the flow and voted for the male candidate to promote harmony (never considering that maybe others could ever change their vote to be in harmony with us). Anyway, the good news is that the majority in the end decided on the female candidate, who by every measurement was the better candidate.” **N.C**



Roundtable Topics

There are over 40 topics, but it is valuable for any new group to build on the six core topics;

Authentically You

Finding your Voice

Power

Standing up for Yourself

Negotiation

After this foundational work, each group can decide what they need and want to explore.

1. AUTHENTICALLY YOU
What does it mean to live our authentic selves and what stops us from living fully real? Is it possible to be authentic in our profession as well as our personal life?
2. FINDING YOUR VOICE
Sometimes women mistake 'words' for voice. How do we find our voice? How do we frame things in the most effective way? How do we use our voice strategically? How do we stand up for what we believe and speak our truth?
3. TEETER TOTTER OF BALANCE
Can we as women find balance in life and work? Is there such a thing as balance? Why is this issue important to us as women? Is there a better workable model?
4. WOMEN AND MONEY
Money is often a tricky subject for women—how do we know what we are worth? Or how do we ask for it? How do we handle money? Why is money tied into our self-worth? Where does money play into our fear or our desires?
5. POWER—TO HAVE, HOLD AND FLOW
How does power fit us as women? How is a powerful woman perceived? Can you embrace your power personally and professionally? What does power look like for you?
6. NEGOTIATION
Negotiation is tricky for women. Over their career, women can lose over a million dollars by NOT negotiating. How do you negotiate? Is it different for a woman? Why are we afraid of asking for what we are worth?

7. LEADERSHIP OVERVIEW

You're in leadership because you have the skills, experience and expertise. But does everyone treat you with respect? How do you make tough decisions? How do you set boundaries? How do you handle it when your judgment is questioned? What shifts need to happen for men to learn to respect women as leaders?

8. SELF-MASTERY AND SELF-ESTEEM

How good are you? How do you get better? Is your self-opinion too low or too high? Why? What do the voices in your head say and should you listen to them? How can you become your best so you can play your best game in your career and in your life?

9. THE POWER OF THE HEART

Is there a place for nurturing in business? Is it only for women? Social observer Harriet Rubin coined: mamisma, "femininity defined by mature and maternal qualities." You don't need to be a mother or a woman to be motivated by mamisma. It belongs to those who value the power of the heart.

10. STANDING UP FOR OURSELVES

Taking a strong stand can cause our stomach to flip — why? Why is the last person we take care of so often ourselves? How does our failing to stand up for ourselves affect others around us? What do we need if we are going to stand up for ourselves? How do we effectively communicate our message?

11. THE ART OF LISTENING

The art of listening is one of the greatest tools we can develop in career and life. How well do we listen? What is the art form of listening? What is the gift in listening? How can we manage better by listening well? And how do men and women listen differently?

12. THE STRENGTH OF 'SOFT SKILLS'

Everyone understands 'hard skills' in management – few understand that the real skill in management is mastering "soft skills." What are they and how can we develop and foster the use of these skills?

13. CREATIVITY AND YOU

What is creativity? Does everyone have it? Can it be learned? Can it be used in everything we do? A new look at creativity in your life and work.

14. POWER OF GRATITUDE

How is the action of gratitude vital to us as professional women? Where do we place gratitude in our life and work? What are we grateful for? And what does being grateful do for our life?

15. FRAUD SYNDROME

The 'Fraud Syndrome' is alive and well, and most of us, as women, feel that at any moment we will be found out and revealed as a fraud. Where did this come from and how do we overcome this handicap to fully own our own abilities and power?

16. FEAR OF FAILING

All of us have fears, and one of the hidden fears of professional women is that we will fail, and if we fail, we will need to find a hole and jump in. This Roundtable examines fear in our lives as women, how to silence our fears, learn from them and overcome them.

17. THOSE INSIDE VOICES

What are the voices in your head saying? Often we are harassed by an 'inner voice' that is abusive, holding great power over us, battling us at every turn. How do we silence these voices? What is the power in the words? Can we free ourselves of the inner critic?

18. WHAT MAKES A WOMEN LEADER?

What makes a woman unique as a leader? How does she lead as a woman, not in a male valence? How can you lead men without becoming alienated by them or behaving like them? What is your strength, what is your power, and how is it best used as a leader?

19. CONFLICT RESOLUTION MADE FUN

Part of a good life-skill tool-set is understanding how to resolve conflicts, whether it is at home or the office. Why do we as women shy away from conflicts? Let's kick the door to conflicts open and not only learn to handle conflict well, but make it easy!

20. EARN MORE, THREATEN LESS

Women today often earn more than their partners. How does this work in relationships? Where is the tension and can it be resolved in a way that strengthens the relationship?

The logo for 'Think8 women' is centered on the page. 'Think8' is in a large, bold, black sans-serif font, with the number '8' in red. Below it, the word 'women' is written in a smaller, red, lowercase serif font. A thin red horizontal line is positioned below the logo.

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For more information or to book a Roundtable,
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