

A woman with long brown hair, wearing a grey blazer, stands with her back to the camera. Her hands are on her hips, and she is looking out over a city skyline under a cloudy sky. The image has a warm, slightly desaturated tone.

Own Your Next Chapter

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Agenda

- What does it mean to own your career?
- Common Challenges
- Key Strategies
- Questions





Owning Your Career

Owning Your Career

- Leading with clarity and intention
- Engaging in self-advocacy with confidence
- Leveraging strategic relationships



A person with long blonde hair is lying face down on a white desk, appearing exhausted or stressed. Their hands are resting on the desk on either side of their head. A pair of black-rimmed glasses lies on the desk to the right. To the left, there is a crumpled piece of white paper and a purple pen. The background is a plain, light-colored wall.

COMMON CHALLENGES

Common Challenges

- Fear
- Reactive vs. proactive approach
- Lack of prioritization
- Dependency on others
- Attachment to others' expectations



A woman with dark hair pulled back, wearing a black blazer over a light blue shirt, is shown in profile, looking out of a large window. Her hand is resting on her chin in a contemplative pose. The background shows a modern office interior with glass partitions and desks.

CLARITY

Clarity

- What's your definition of career success?
- What do YOU want?
- What do you need to know?
- What are your core values?



A close-up portrait of a woman with long, dark, wavy hair. She is smiling warmly at the camera, with her right hand resting under her chin. She is wearing a black top and a silver-toned metal link bracelet on her right wrist. The background is a soft, out-of-focus grey. The word 'CONFIDENCE' is overlaid in large white capital letters.

CONFIDENCE

Confidence

- Whose voices are you hearing?
- What assumptions are you making?
- Where is fear showing up?



A man and a woman in business attire are walking towards the camera in a modern office hallway. The woman, on the left, is wearing a light blue blazer and matching trousers, holding a green folder. The man, on the right, is wearing a dark grey suit with a white shirt and a dark tie. They are both smiling and looking at each other. The background shows a blurred office environment with wooden paneling and a bright green wall on the left.

CONNECTION

Connection

- Who can support you?
- What will you ask for?
- How will you connect?



Questions?



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LinkedIn: www.linkedin.com/in/KimMeninger

Podcast: The Impostor Syndrome Files

TEDx Talk: How to Bring Your Diverse Voice to the Workplace



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