



Culture transformation starts here

Change the Game for Women

In today's always on, never done work culture, women often feel that the cost of professional success is personal sacrifice. Our program was created by women for women to address the unique challenges they face to thrive and ascend, including:

- › Balancing the role of primary caregiver with their career ambitions
- › Finding their voice and advocating for what they want and need
- › Having fewer role models and sponsors at the top
- › Being overly critical of themselves

What makes our program unique is our whole life approach and peer coaching for ongoing support. Women's managers are also trained in Fast Forward's key principles so they can play an active role post program.

Immediate Impact. Sustainable Results.

Survey results 90-days after our Fast Forward Women program delivered in the US, Europe and Asia.

90%

say they're *thinking bigger* and *taking risks*

93%

cite an increase in *confidence*

97%

have a *vision for success* that inspires them and keeps them focused

92%

say they feel their company *cares about their development*

90%

say *their communication* and *influence* have improved

70%

report an improvement in *job satisfaction*

TRANSFORM MINDSET AND BEHAVIOR

"I've found it easier to focus on the *bigger picture* and *my strengths*, which has led to higher performance and job satisfaction."

"I now see a way to be successful at work AND at home - and *not have to sacrifice*. I can be the ringmaster, work smarter and say no. I love having a FF Buddy as an accountability partner."

"I speak up more and have difficult conversations - the session taught me that *my voice is meaningful* and if I am prepared, I can approach difficult conversations more thoughtfully."

"I've been really managing my 'inner critic' with my buddy - this has *improved my confidence at work* by helping me focus on my strengths and contributions instead of listening to my negative self-talk."



Program Details

- › 6 Power Principles in four areas: Vision, Planning, Mindset, and Communication.
- › Participants leave with an accountability partner and on-going email support.
- › Offerings range from 2 hour workshops to multi-day programs with executive coaching.
- › Delivery options include live, virtual and e-learning.



1 Manage Your Inner Critic

Appreciate the brain science behind this harsh internal voice and learn how to override the system. Leave with actionable practices to manage your Inner Critic, and fuel your own confidence, happiness and peace.



2 Declare a Bold Vision and Share It!

Fast Forward to one year from today: what does success look? Use our 7 questions to think big and take ownership of what's most important in your work and life. Challenge limiting beliefs and expand what you see as possible.



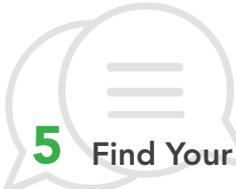
3 Plan the Work and Work the Plan

Create a 90 Day Action Plan to make your Bold Vision a reality. Identify "beast" areas in your work and life. Learn how to be the ringmaster – someone who is intentional and disciplined to make time for the things that matter most.



4 Listen and Be Present

Practice active listening and see the cost of multi-tasking and interrupting. See the value of helping people solve their problems versus telling them what to do.



5 Find Your Voice and Use It

Practice authentic ways to merchandise your value and contribution. Recognize the importance of having sponsors and a network. Take a stand for your ideas and needs. Elevate your influence and impact.



6 Take 100% Responsibility

Take responsibility for your success and happiness. This is the most powerful way to work, live, and lead.