



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."

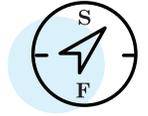
"I speak up more and have difficult conversations - the session taught me that **my voice is meaningful** and if I am prepared, I can approach difficult conversations more thoughtfully."

"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."

SIX WEEK VIRTUAL PROGRAM

Five 90-minute Zoom workshops led by a facilitator

Group of up to 20 people



Week 1

Manage Your Inner Critic (Part 1)

Week 2

Manage Your Inner Critic (Part 2)

Week 3

Declare a Bold Vision and Share It (Part 1)

Week 4

Declare a Bold Vision and Share It (Part 2)

Week 5

Buddy Meeting (No workshop)

Week 6

Plan the Work and Work the Plan

Buddy Meetings

WhatsApp Group and Reinforcement Emails

Pre-Reading

- › Leader shares context, program benefits and overview.
- › Participants read Vision exercise and samples.

Buddy Meetings

- › Participants get a peer coach and accountability partner for the program.

Week 1 and 2

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.

Week 3 and 4

Declare a Bold Vision and Share It!

Fast Forward to one year from today: what does success look like? Women use our 7 questions to think big and take ownership of what's most important in work and life. They'll challenge limiting beliefs and expand what they see as possible.

- › *Homework:* Complete Vision and read it to your Buddy.

Week 5

Buddy Meetings

Participants meet with Buddy to share the Visions and align on meeting cadence post program.

Week 6

Plan the Work and Work the Plan

Evolve Bold Vision to a 90 Day Action Plan choosing three "unpredictable" and important outcomes to focus on. Learn how to be the "ringmaster" of your life – change bad habits that impact your productivity and peace.

- › *Homework:* Finish action plan with your Buddy.