
Navigating SELF ADVOCACY

Helping women find
- and use -
their voice

Women's Leadership

We would like to believe that we are in a post-gendered world...at least at work. But sadly, that is not true. Yet. Women face unique challenges at work, perpetuated by countless years of societal and professional standards and pressures. Whether it is speaking up, doing work that is invisible, or "taking one for the team," women are still systemically held back. And they need our support.

Why Choose Us

With backgrounds in Organizational Psychology, Social Work, Psychotherapy, Theater, and Athletics, Amy and Kristen have a wealth of information, expertise, and experience to share about navigating the realities of being women at work.

Contact Us :
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THIS PROGRAM HELPS...

01

Know Your Inner Critic

We all have one. Men too! This little voice inside that sneaks out to tell us we aren't good enough, strong enough, smart enough. What is that voice *really* trying to tell you? And why does it keep showing up?

02

Find Your Differentiator

We wouldn't be in a position of leadership unless we excelled at something specific. There is a "special sauce" for what you do - something that no one else has. How can we find it, name it, and leverage it?

03

Show Your Best Self to Others

The way we present ourselves, talk about our achievements, and advocate for what we need can make or break our reputation. How do we show up in a way that helps us stand out, in the *right* way?

Learn More About Us:
[Amy Goldfarb](#)
[Kristen Bakalar](#)