

Inspire & Impact Together

Women as Leaders

Get Inspired and Learn from Successful Leaders, Entrepreneurs and Coaches!

At this event, you will have a chance to meet seasoned corporate leaders, as well as young entrepreneurs, who will share their successes and failures, the choices they have made, but also their view on diversity and inclusion.

Additionally, you can participate in 2 impactful workshops of your choice!

Invite your colleagues and friends and spend the last Friday of September in the company of interesting and inspiring professionals!

Workshops

- A. 21st century perspective on Leadership
- B. Limiting beliefs: How to overcome it!
- C. Women Economics: Be the force for positive change
- D. Mindfulness: Self-compassion is the new black

RSVP: Please confirm your attendance, including 2 workshops you would like to participate in, by sending a message to Lenka Libanska (lenka.libanska@gmail.com)



Friday, 29th September 2017



Delta Lloyd, Spaklerweg 4,
Amsterdam

TICKET

EUR 45,-*

How to get there

The Toorop Building is within walking distance from the Amstel Railway station (exit 'Amstel'). By car: follow the signs for Amsterdam and then take the orbital motorway A10 (Ring Oost). When you come from a westerly direction take A10 'Ring Zuid'. Take slip road S111 and follow Delta Lloyd signs.



*Payment details will be sent closer to the conference



PROGRAM

09:30 - 10:00 Registration & Networking

10:00 - 10:15 Welcome

10:15 - 11:15 Panel discussion focusing on Success & its Attributes and Diversity & Inclusion

11:15 – 11:30 Coffee Break

11:30 – 13:00 Workshop 1

13:00 – 14:00 Lunch Break with a jazz musician

14:00 – 15:30 Workshop 2

15:30 – 16:00 Wrap-up



INSPIRING WORKSHOPS

21st CENTURY PERSPECTIVE ON LEADERSHIP

Based on our extensive experience, we will discuss our views on leadership in relation to the rapid shifting needs of companies, networks and society, in this increasingly volatile, uncertain, complex and ambiguous world. The 21st century moves away from a command & control paradigm towards a sense & response paradigm, from providing direction to providing guidance. This calls for a radical shift in leadership to enable organizations and individuals alike to stay abreast of personal, team as well as business goals. In this workshop we will braid together personal leadership, intercultural team dynamics, the need for purpose and changing perspectives on management science as well as practical examples from our experiences and other people's experiences including yours!



Nico van Dam and **Jurgen van der Pol** are partners at Dutch consultancy Duurzaam Verandervermogen (Change Adeptness) and experts in the field of organizational transformation.

LIMITING BELIEFS: HOW TO OVERCOME IT!

Our own beliefs can have such an enormous impact on what we do and how we are perceived. Are you aware of your self-limiting beliefs? Do you know what prevents you from moving forward and being at your best? Is it that tiny little voice in your head saying that you don't have what it takes? Or you don't belong? Or you cannot succeed? Remember - If you say: 'I CAN'T DO IT' you won't step up and will end up limiting yourself.

The workshop will cover most common self-limiting beliefs that female leaders face as the Cinderella syndrome, "I don't deserve to be where I'm now", "Feeling responsible for what goes wrong but NOT for what goes right", "Anything less than perfect is failure" and others. You will learn how to transform fear by stepping up and by using 'Confidence Sparks', simple but powerful exercises and techniques that can catapult your career to the next level.



Alena Hielema is the founder of HielemaCoaching. Life & business coach, counselor and trainer educated in Marketing and Management, Sociology and Human Resources Management with passion for personal development.

INSPIRING WORKSHOPS

WOMEN ECONOMICS: BE THE FORCE FOR POSITIVE CHANGE

Innovation and disruption are increasing, so organizations are looking for ways to change faster to remain competitive. Research shows that diversity can be an answer. Diversity enhances creativity; it leads to better decision-making and problem solving.

Studies clearly show that advancing women's equality can improve the bottom lines of companies and add significantly to global wealth. Many organizations recognize that diversity is the engine to innovation however, gender balance does not occur naturally. Instead, it requires great effort of both men and women to achieve results.

Find out how change happens and how you can make a positive impact. Discover how you can become a change agent in your organization. The workshop is built around three main drivers: direction, effort and persistence. Moreover, a business case: Basic facts and figures of female economy will be shared and discussed.



Izabela Csontos is a finance professional and an ambassador for women in leadership who is closely linked with diversity programs at ING and Erasmus Centre for Women and Organizations. Izabela empowers women to progress up the hierarchy and men to support them on the way.

MINDFULNESS: SELF-COMPASSION IS THE NEW BLACK

Do you believe high self-esteem is considered the bedrock of individual success? That you can't possibly get ahead in life and be a great leader unless you believe you are awesome? Well, think twice. Research on high self-esteem has come to the conclusion that high self-esteem does not result in better performance or greater success.

The good news is that you can stop beating yourself up for secretly having self-doubt. You can let go of being scared of making mistakes. Contrary to common belief, research indicates that instead of looking at how you are different (better, smarter, faster, prettier) than your competitors, the way to success - and well-being too - is to be mindful of how you are similar to others; how we all feel vulnerable from time to time, how it is part of being human to doubt oneself and to fail. We will introduce you to mindfulness and (self)-compassion - both from an intellectual point of view based on scientific evidence, but also by trying it out. Treating oneself with kindness and looking at our own shortcomings with understanding is not easy. But they are skills that can be learned. Let us help you get started.



Tuire Niinimäki and **Berit Lewis** are the founders of Thriving Life. They spend their time facilitating companies and people to find and live their versions of a thriving, value-based, mindful and meaningful life.



EXPERIENCE & ENJOY A
NON-TRADITIONAL LUNCH
BREAK WITH LUNCHPAUSE &
DAVID ENGELHARD

Release your inner Scatman and enjoy an after-lunch surprise full of jazz-rhythms, music and laughter. We promise a fun energizer for the afternoon!

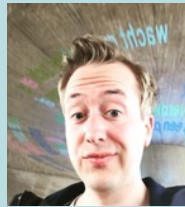
LunchPause brings creative digital detox brain breaks to workplaces in the Netherlands. With the help of talented performing artists they offer relaxing music to help people switch off and let their minds wander as well as interactive sessions where people laugh, connect and get inspired.

David Engelhard studied Jazz Singing at the Conservatorium in Amsterdam. He has also a background in theatre acting. Music is his driving force and a way to achieve happiness!



INSPIRATIONAL SPEAKERS

Raymond Hannes



Raymond loves to build and invent the future. Entrepreneurship is his comfort zone. He has started several companies and helped others with their innovation challenges. He has been an entrepreneur for over 10 years until he had to sell his company in March this year. Currently, he is a partner at Startup Foundation, lecturer at Nyenrode Business University and board member of Portxl - World Port Accelerator. He believes that every company must face the reality of continuous innovation and disruption, or risk becoming obsolete in the 21st century. Organizations need to excel at improving their established business model and excel at inventing tomorrow's growth engines at the same time. The organizational structures that characterize established companies today are unlikely to produce that new growth in the future.

Annerie Vreugdenhil



Annerie started her career as Account Manager Large Corporates with the Nederlandse Credietbank NV. In 1992 she joined ING and held various positions, all of which revolved around maintaining and expanding relationships with clients in ING's fast-growing Commercial Banking division. In 2010, Annerie was appointed Head of Commercial Banking Netherlands and became a member of the board of ING Domestic Bank Netherlands. In this role she was responsible for all of ING's wholesale banking activities in the Netherlands. In February 2016 Annerie was appointed Global Head of Real Estate Finance within ING Wholesale Banking. In addition to her current role, she is a member of the Supervisory Board of the Mondriaan Fonds.

Annemieke De Wit-Blaak



Annemieke started her career as a consultant for Getronics Consulting and lived abroad for a number of years. She joined APM Terminals in Rotterdam in 2008 and in 2012 was promoted to the role of General Manager Commercial. She holds responsibility for the development and execution of the commercial strategy of APM Terminals Rotterdam, including customer service, marketing, sales and relationship management. Annemieke knows first hand what it means to work in a predominantly male environment. She found her own style in doing so.

RSVP

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