

## Case Study:

### The Women's Vault Confidence and Career Accelerator Training Day for an Asset Management Firm

***“An energising day focused on the importance of women in leadership... especially around self confidence and how this is a catalyst for professional growth.”***

**Background:** The Praetura Group is a medium sized B2B financial services company. It appointed The Women's Vault to develop and lead a bespoke training day to reflect its commitment to support women in leadership roles.

*FTSE 350 companies with more than 25% women on their Executive Committee have profit margins almost three times higher than those with all-male.*

**What:** This full-day session was delivered by Olivia Bath at the head office in Manchester, and was attended by 12 female leaders, from senior managers to heads of departments. The themes of the day included: Confidence and Imposter Syndrome; leadership tools and techniques including live discussion on specific issues for participants; tricky conversations and feedback; personal brand, profiling and visibility.

#### Outcomes shared by participants:

- More confidence and feeling of empowerment over next steps to take with particular challenges and issues
- Support network developed to continue to draw on - external research continues to show the benefit of these internal and external networks
- A variety of tools and resources to use for leadership development, profiling and visibility and the development of their teams.

**Results:** Praetura has booked a second session (taking place in January 2023), to another group of female leaders. Olivia is also coaching one of the female senior leaders.



#### Course inclusions:

- 6 hour training day including time to discuss challenges one-to-one with Olivia
- Bespoke hardcopy booklet with over 54 pages of reflection prompts, readings and resources to further learning and development
- Pre and post training questionnaires
- Photographer present to take LinkedIn professional photos for attendees

#### Testimonials:



THE WOMEN'S VAULT

**Kate Norton, Praetura Group People and Talent Director**

"The feedback has been excellent, thanks again."

**Kim Anthon, Credit Manager**

"Olivia has a skill of putting a room at ease and encouraging people to not just speak freely and openly, but also to confront their own inhibitions and seek solutions to overcome them. Olivia helped me to acknowledge and understand how I can take control of my future career by providing techniques and tools to overcome challenges, set myself goals and improve my visibility. I felt empowered after the workshop. I've already started making action plans and putting what I learned into practice."

**Sim Singhlanda, Investment Manager**

"The day was brilliant. It was thought provoking with thorough tools to challenge and address."

**Jen Bellamy, Senior Marketing Manager**

"I thought the whole day was well thought out, useful and inspiring. There was lots to take from the day and lots to work on moving forward."

**About The Women's Vault**

The Women's Vault exists to be a driving force for gender equality, empowering women to find confidence, overcome imposter syndrome and have fulfilling careers throughout their lives. We do this through corporate workshops and coaching, keynote speeches, inclusion and diversity strategies and toolkits for working mothers. We support women at an organisational and individual level.

**About Olivia Bath**

Olivia Bath is a qualified Coach, Executive Advisor and award winning communications specialist. She specialises in women's confidence, imposter syndrome and leadership training and coaching. Olivia has helped hundreds of women globally, and delivered workshops to companies including Nomura Investment Bank, Simply Business Insurance, Woodside Petroleum and has spoken at the Pregnant Then Screwed Festival of Confidence. Her individual clients work at companies such as NHS, Amazon, PwC, Nuffield Health and leading law firms. She currently provides Executive Advisory to a global pharmaceutical company, alongside coaching and training.

**Contact:**

***To discuss my Women's Confidence and Career Accelerator Training Day for your business, or my support for your Diversity & Inclusion strategy, please get in touch:***

[oliviabath@thewomensvault.com](mailto:oliviabath@thewomensvault.com); or +44 (0)7367073984

<https://www.thewomensvault.com>