



Empowering women with confidence and leadership skills to advance their careers



Jamie Empowers, Inc.

Program Offerings & Services

Keynote Talks

- **Cashing in on Confidence**
Earn a Return to Drive Higher Performance
- **Fear Less, Fail Forward**
Ignite Action and Transform Failure into Innovation
- **The 2 Keys to Unlock Your Network**
Lead with Authenticity to Create Vital Connections

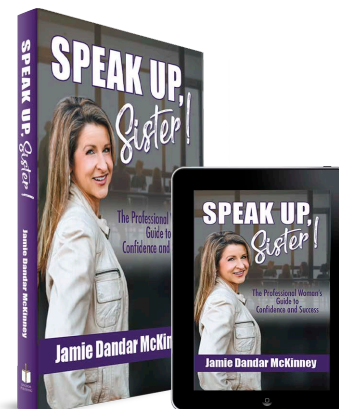


Leadership Coaching

92% of the women who complete this program are awarded with promotions or higher level responsibilities. Advance your emerging women leaders with this powerful 12-week program. Built upon the **3 Pillars of Leadership - Confidence, Communication and Career Planning**, women are empowered with tools to elevate team and company performance, thrive through challenges, break past barriers, amplify executive presence, and enhance professional growth. Available for individuals or small groups.

Professional Book Club

Speak Up, Sister! The Professional Woman's Guide to Confidence and Success is packed full of tips, advice, examples, and exercises. Each chapter is complete with a Confidence Challenge Checklist and an invitation to take action. Perfectly formatted for a Professional Book Club, the author joins readers for a live, fun, inspiring, and interactive conversation.



Welcome to Empower Hour

Our flagship program,
a life-changing, virtual workshop proven
to motivate and elevate.

Corporate Training Workshop

Using best practices to engage a virtual audience, this workshop spans five one-hour sessions, delivered over the course of five days. Challenges are delivered at the close of each session. Results immediately take hold as participants are given the opportunity to take action, declare commitments, and **uncover professional growth**.

The Empower Hour Workshop focuses on four aspects of soft skills, or **STRONG skills as we call them**, and as described below. Participants are invigorated and primed to eliminate self-doubt, tackle obstacles, **optimize strengths for individual and team performance**, and use communication tools to elevate conversations and enhance inclusion.

Participants are ignited to step out of their comfort zones, think in bigger, bolder ways and take **ACTION**. This is not about merely listening and learning. It is about **DOING**.

Mindset



- Learn 3 ways to create a mindset to thrive through any challenge
- Create space for positive, innovative ways of thinking

Mastery



- Avoid pitfalls of non-confident behavior with tips to instantly amplify presence
- Discover strengths and superpowers for improved performance

Movement



- Find 3 ways to get unstuck, make decisions and move forward
- Move through fear to acquire courage, confidence, and success

Meaningful Engagement



- Up-skill relationships with mentors and sponsors using 2 powerful tools
- Embrace diversity and inclusion by using proven techniques

Meet Your Facilitator:

Jamie Dandar McKinney, MBA, is a Corporate Trainer, Author, Keynote Speaker, Certified Virtual Presenter, and Leadership Coach. She is the President and Founder of Jamie Empowers, Inc. and is a trending author for her book, *Speak Up, Sister! The Professional Woman's Guide to Confidence and Success*. Regularly featured on podcasts, Jamie combines her executive level experience with a sister-like approach to teach the Confidence Formula. She ignites emerging women leaders and all who attend her sessions.

What Clients Had to Say...

About the Workshop

"Jamie has been the best presenter of a virtual meeting I have been to, hands down! We had five sessions over five days and NO technical problems! It's a dream come true. I loved the format and how she changed up the screen views. There were lots of things to make it fun. It was a great mix of material and practice. Jamie got to know the session attendees very naturally. It was a safe and powerful environment for sharing, talking, and learning by doing as we tested out new skills."

~Taylor McCullough, Owens-Corning Corporation

About Coaching

"Coaching sessions with Jamie feel like I just had an energy drink. After our very first session, I could feel my confidence rising. I'd been working hard, but with my head down. By the time we finished the program I was well known throughout my division and earned a promotion!"

~Rachel Torres, Xcel Energy

About the book

"Jamie tells it like it is and gives great advice for navigating the business world, especially in male-dominated industries. I've already applied tactics I learned in the book and earned rave reviews of my work. Jamie belongs right up there with Sheryl Sandberg and Francesca Gino."

~Cheryl Obert Heidorn, Chipotle



To explore options for your group,
request a consultation
by [clicking here](#) or via

(347) 92 - SHERO

jamiemckinney.com/contact

