



# Building a New Persona for Women in Project Management

*Discover and harness the importance of your human skills and mindset.*

## About

In our everyday life both professionally and personally we use Project Management skills. They give us the ability to break down projects and or events into manageable tasks, and develop schedules and budgets. One of the most overlooked skill sets needed in both project management and leadership are soft skills. We get hired for our hard skills (technical/experience) and we get fired for our soft skills (not able to get along with people).

## Soft Skills:

- a. Self- awareness; having a positive, and creative mindset.
- b. Connection and relationship building
- c. Communication

## Program Outline

Join us in this 60-minute interactive, role-playing program that allow each person the ability to enhance their soft skills, by building human connection, strong relationships, and empowering supportive environments. Our future workplace will rely on soft skills to harness the full potential of our changing industry dynamic, which will benefit clients, communities, and society more broadly.

## Objectives

1. Identify actions and decisions we make automatically, without conscious thought.
2. Deepen an understanding of project management soft skills and how they contribute to the creation of a successful team.
3. Learn how to build a mindset and intention that defines you as a valued leader.
4. Identify strategies to reinforce and give meaning to your professional strengths.

## Our Speaker

Cathy Dolan-Schweitzer's objective is to guide organizations in building sustainable success through her proven "Healthy People → Healthy Teams → Healthy Projects methodology" and is the only speaker in the construction industry who has 27 years of project management experience distilled into one female trainer, author, and coach for the past 10 years. One of her most valuable skills as a trainer and coach is experience in our industry.

When Cathy is not speaking, training and or coaching, she lives in Vermont, loves to play outdoors, ski, practice yoga, and is embarking on a project to build 3 tiny off-grid homes on her property "Kennyland" in Pittsfield, VT.

## Contact

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## About Cathy Dolan-Schweitzer

Cathy is the founder and president of Health Well Done a leadership training and coaching company and referred to as the "Healthy Project Coach". She is the author of the book "Health Well Done" and a recognized authority in people centered project management in the A/E/C industry.