

Professional Women Network Vienna

Mentoring Program Autumn 2017/2018

Mentoring is a partnership between an expert who is willing to share her knowledge and experience with one or more mentees to help them better understand their goals and ways to develop personal or professional skills.

Why is PWN Vienna mentoring so special?

Mentoring is the corner stone of PWN global offerings. By running a successful mentoring program, PWN Vienna aims to continuously strengthen the network, to provide its members with opportunities for advancement and leadership in female mentoring, a key to the gender-balanced leadership agenda.

Our program runs in an intercultural environment, offers facilitate members learning and exchange with women coming from diverse professional backgrounds from all over the world.

Why join PWN Vienna mentoring program?

Do you feel uncertain about your career goals, capacities and path forward?

Do you struggle with achieving a balance between work and personal life?

If you do, then this is the unique opportunity to join as a mentee! As a **mentee** you receive an expert guidance on fostering your personal and professional growth, coping with challenges and setting clear career goals.

If you are an expert in your area and say No to the questions above, then you are a perfect fit to join as a **mentor** and to get the opportunity to enhance your leadership skills, grow professional network and most importantly – empower others to better understand themselves and their career goals by reflecting on your own experience.

How to apply?

Mentors: The recruitment is now open and we encourage you to apply! We also call on Alumni Mentors to rejoin the program. Mentors do NOT have to be the members of PWN.

Deadline for Applications is 18 September 2017

Mentoring topics

All mentoring topics will be tailored to the mentees' career goals and the mentors' expertise. The overall topics will include:

- Leadership (addressing challenges in the workplace, negotiation and conflict resolution)
- Entrepreneurship (start-ups or growing your business)
- Career issues (career transition, job search, reintegration)
- Self -management (effective communication, time management, setting priorities) and work-life balance

What is the timeline?

18 September 2017: Application deadline for both mentors and mentees.

28 September 2017: Soft launch event.

6 October 2017: Official launch of the of the program where you will

- learn about the modalities of the mentoring process, expectations and requirements of the group learning;
- meet group members, both mentors and mentees;
- setting og the agenda

June 2018: The closing event.

CALL FOR APPLICATIONS

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Sign up to be a Mentor [here](#)

Mentees: You can apply to a maximum of 2 Mentoring Topics. Please indicate your first and second choice on the application form. To participate in the Mentoring Program, PWN membership is required.

Sign up to become a Mentee [here](#)

Sign up to become a PWN Vienna member [here](#)

MEET OUR NEW MENTORING COORDINATORS AND READ TESTIMONIALS FROM LAST YEAR MENTORSHIP PROGRAM

PWN Vienna is pleased to announce the new mentoring program coordinators: Karin Fleck, Lisa Christandl and Elena Padurariu. They took over the successful work started in the past years by Brikena and Caroline to whom we wholeheartedly thank for their contribution and engagement!

Karin Fleck

Currently, Karin is founding her own consulting business in energy trading and optimization. She has won the national finals of the climate launchpad competition 2017 and is working on her first startup the Vienna Textile Lab.

In her previous occupations Karin has worked at an international Scandinavian energy company in Hamburg and Amsterdam in various managerial positions and headed the Optimisation and Planning team in an energy start-up in Munich.

Karin graduated from the Vienna University of Technology in Technical Chemistry and holds a PhD in Applied Chemistry from RMIT, Australia.

Karin on mentoring: "I was so lucky to receive mentoring, coaching and managerial trainings throughout my career. I think it is an important possibility to grow and improve. I always thought I can make it on my own, and to a certain degree I did, but amazing things are happening when you are open to support and feedback from others. I hope that women taking part in the PWN mentoring programme are realising that mentoring, coaching, sponsoring is something they should always seek and provide throughout their life."

Lisa Christandl

Lisa is a career and personality development coach supporting leaders, entrepreneurs and job seekers. She specializes in helping her clients to find their authentic approach and career by unfolding and realizing their unique potential. Her strategic and yet creative and inspirational coaching is informed by her 10 years of experience as a Corporate Treasury Manager in an international company. Her role included leading a team, managing financial projects and organizing trainings for colleagues. After going through a career transition, she has now found her purpose and is building her own business as a coach and trainer. She holds a master's degree in Business Administration, Advanced Coaching and Training Diplomas from Austria and New York University, is currently studying Psychology and is committed to lifelong learning.

She is passionate about coordinating the PWN mentoring program and thus, supporting people to achieve their career goals and unfold their potential. She believes that mentoring is a great way for people to share insights, support each other and create valuable synergies.

Elena Padurariu

Elena is working as systemic psychotherapist and coach in her own praxis. Inspired from the theories of the positive psychology and strengthened by the solution-focused techniques specific to the systemic therapy training, her goal as psychotherapist is to accompany clients on their way out of the difficult situations they might encounter due to work or relationship issues. In her role as expat living in Vienna, Elena offers support for those experiencing cultural differences in different contexts.

Her Bachelor degree in Management and her Master degree in Psychotherapy science are the theoretical foundation of her work specialization: assisting clients in finding a work-life balance and in living a purposely life.

Her passions are reading, playing squash and socializing. Mentoring gives her the possibility to support women in their different roles and to empower them to reach their full potential

PWN Vienna Mentoring Contact

Karin +43 660 6382853

Lisa +43 660 5210916

Elena +43 699 19096826

mentoring.pwnvienna@gmail.com

TESTIMONIALS

Katja Otter, mentee

"The PWN Mentoring Program was a truly rewarding experience of team support, professional advice and constructive feedback from the mentor and group members.

Through the mentoring group's support I could clearly define my personal and professional goals and by the outline of certain deadlines I managed to complete my business plan, my webpage and to brush up my CV. The definition of goals at the beginning of the program and the monthly meetings of our group truly helped me to stay focused and move forward in a certain time frame and eventually achieve my objectives. Birgit always took time to answer all our questions, in person or by email and her constructive feedback from a professional point of view were always appreciated. The cultural diversity and our different business backgrounds made it so much more interesting to share our experiences and listen and learn from each other's challenges."

Mishka Saffar, mentee

"I found the mentoring program useful mainly because it helped me to think outside the box. I had the chance to learn from very experienced women and I was encouraged to have the confidence to explore opportunities in areas, through channels and at levels that I might otherwise not have aimed for. It was time well invested!"

Tinneke Gies, mentor on leadership

“It was great and very inspiring. It was the first time that I was a mentor and I found it an enriching experience to be able to help women with their careers. What I got out of it was to get to work with inspirational young women from all over the world and seeing them gain some more confidence to become a good leader. It made me rethink some situations I have at work myself. I was able to question my own leadership style and a got a hands-on first experience in mentoring, which means looking into some theories and models and reading a lot about other experiences, this then reflects on some of your own past decisions. It was also a good opportunity to see if I am able to transfer knowledge and experience and try out something new. “