

26. September 2023

Equality

More self-confidence at work

Online seminar for women // Tuesday, 17 October, 7 pm // Register now

On 17 October, an online training for women will take place, showing participants how to build self-confidence step by step to better achieve professional goals. Registrations are now being accepted by the Equal Opportunities Office of the City of Bocholt at email [gleichstellung\(at\)bocholt\(dot\)de](mailto:gleichstellung(at)bocholt(dot)de). The event starts at 7 pm and is free of charge.

Content

"Trust yourself - More self-confidence at work", is the title of speaker Lea Ehling, psychological counsellor and personal coach.

The training is aimed at women who want to have more confidence and progress in their careers or who want to find the courage to try something new. Participants learn to increase their assertiveness, become more self-confident and deal better with criticism and conflicts.

Organisers

Bocholt's Equal Opportunities Commissioner Astrid Schupp cordially invites interested women from Bocholt. The event is part of the series "Frau&Beruf" (Women & Work) organised by the municipal equal opportunities commissioners in the district of Borken.

More on the topic of equality at www.bocholt.de/gleichstellung .