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The Secret to Career Satisfaction? Keep Learning

Free virtual conference for women to focus on leadership skills

INVER GROVE HEIGHTS, Minn. (02/15/11) – Just “doing time” is no way to work. But that’s the rut many professional women are finding themselves in – unless they take charge of their own professional development and acquire new skills, according to executive coach and professional development expert Regina Barr, founder of the Women at the Top (WATT)[®] Network.

From Feb. 28 through Mar. 4, the WATT[®] Network is offering a free virtual conference. Featuring 21 speakers over five consecutive days, the *Women at the Top[®] Leadership Conference: Re-Energize Your Career* will help individual’s kick-start the year by developing essential leadership skills. Those who register can access any or all of the sessions over the phone from noon to 1:30 p.m. each day.

“Many of the women contacting me for career help are dealing with a decline in self-motivation and lack of morale company-wide,” Barr said. “The layoffs, wage cuts and lack of advancement opportunities during the recession have taken their toll. I’ve encouraged women to first take an introspective look at themselves and focus on the skills they need to regain a sense of accomplishment and adventure in their current positions.”

Navigating out of a career holding pattern requires skill development, exploring other jobs, and repositioning one’s reputation, [according to a recent FoxBusiness.com article](#). But aspiring women may not want to rely upon the workplace to provide direction: 70 percent of firms don’t have a clear strategy for developing female leaders, and 43 percent don’t offer programs geared toward female leaders, revealed [a study by Mercer, a New York consulting firm](#).

The *Women at the Top[®] Leadership Conference* sessions will focus on self-management, personal accountability, developing influence, goal accomplishment and other core competencies identified by CEOs as key traits for future leaders in *The Leadership Gap*, a study that Barr conducted on behalf of the Financial Women International Foundation. (Please see details about speakers and topics below.)

Barr founded the Women at the Top (WATT)[®] Network as a community of high-achieving women focused not only on advancing their own careers, but also on tracking the progress of women executives and directors. Members from across the United States, from all types of companies and all levels, participate in free monthly conference calls with authors and experts; gain access to exclusive professional development seminars and other members-only

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resources; and connect with a ready-made career support system.

The conference's featured experts include successful business leaders and entrepreneurs, speakers, authors, professional coaches and media commentators. They are:

Monday, February 28 (noon-1:30 pm CST), Interpersonal Skills

Colette Releford, founder and President of Strive Business Solutions
Teresa Allen, author and owner of Common Sense Solutions
Laura Barclay, author and founder of the Minneapolis Civility & Etiquette Centre

Tuesday, March 1 (noon-1:30 pm CST), Self Management

Brenda Booth, former advertising executive, fitness guru, and owner Body One Wellness
Kellie Haehnel, human resource executive, registered Master Teacher in Reiki, owner of the Spirit Wellness Center
Halina Stefans, founder and owner of Positive Order
Shaunice Hawkins, author and principal of Evolutions Consulting

Wednesday, March 2 (noon-1:30 pm CST), Personal Accountability

Jean Nitchals, strengths-based training expert and founder Niche Solutions
Lynn Schleeter, Director of the Center for Sales Innovation at St. Catherine University
Karen Kodzik, career management consultant and owner of Cultivating Careers
Melissa Curzon, former bank executive, president of Triumph Solutions; publisher, TFW magazine

Thursday, March 3 (noon-1:30 pm CST), Influencing Others

Monica Molstad Baresh, founder and president of Image That!
Deidrea Booher Pavlin, former bank executive, senior talent acquisition specialist at Robert Half
Barbara Mednick, founder and president of BKM Consulting
Colleen Davis, small business strategist, branding expert, founder and CEO of Crescio

Friday, March 4 (noon-1:30 pm CST), Goal Achievement

Brenda Carlson, business coach and franchise owner of the Entrepreneur Source
Anna Shields, employee and graduate student at Saint Mary's University
Jane McMurry, author, former university professor, corporate trainer and Beatles aficionado
Juliet Kosarzycki, former corporate leader and Peace Corps volunteer, founder of Yellow Zone International

For more information about each featured speaker or to register for the conference, go to www.redladder.com/WATTvirtualconference/2011. More information is available on the Women at the Top® Network, including how to join, at 651-453-1007, info@theWATTnetwork.com or www.theWATTnetwork.com.

ABOUT REGINA BARR

Regina Barr is a nationally recognized authority on women and leadership. She educates and empowers women to stand tall and take charge of their careers by providing them access to information, training, and connections. Regina's goal is to help women scale the barriers – both internal and external – that prevent them from achieving the career success they deserve.

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