

Women at Work – Visibility, Confidence and Mental Strength



Interactive Training

- For women across industries ready to strengthen their career and professional impact
- Build confidence and mental strength
- Increase visibility, communication impact and presence
- Strengthen networks, influence and career opportunities

Coach and Trainer



Dr. Anne Zuse
CEO & Founder | Executive Well-Being & Leadership Coach | Trainer
Luminaria Life GmbH
Cham, Switzerland

Women at Work – Visibility, Confidence and Mental Strength

Program

Day 1 – Confidence, Mental Strength and Self-Leadership

- Module 1: Confidence and Career Identity
 - Recognising strengths, values and personal impact
 - Challenging self-doubt and imposter patterns
 - Moving beyond perfectionism and external validation
 - Building an authentic professional identity
- Module 2: Mental Strength and Sustainable Performance
 - Understanding pressure and the stress response
 - Staying clear and confident in demanding environments
 - Healthy boundaries and energy management
 - Practical tools for emotional regulation and resilience

Day 2 – Visibility, Influence and Career Growth

- Module 3: Visibility, Voice and Strategic Positioning
 - Becoming visible without feeling self-promotional
 - Communicating strengths, achievements and ambitions with confidence
 - Building presence and influence – with or without formal authority
 - Developing a personal Visibility and Impact Strategy
- Module 4: Career Growth, Networks and Courageous Action
 - Building meaningful professional networks and alliances
 - Asking for opportunities, support and sponsorship
 - Navigating career transitions and next-step decisions
 - Developing a personal 90-Day Career and Visibility Action Plan

Who should attend

This interactive workshop is designed for women who want to strengthen their confidence, visibility and impact while navigating demanding professional environments and career growth.

It is particularly relevant for:

- Professionals and senior professionals
- Project and programme managers
- Emerging and established leaders
- High potentials and women preparing for their next career step
- Women returning to or repositioning themselves in the workplace
- Professionals working in corporate, healthcare, pharma, finance, banking, technology, research, academia and other professional environments

No formal leadership position is required.

Aims and Objectives

Women across industries contribute expertise, ideas and leadership every day – yet many still navigate high expectations, limited visibility, self-doubt, competing demands and the pressure to continuously prove themselves. Career growth is not only about working harder. It is also about knowing your strengths, communicating your value, building meaningful relationships and having the confidence to step into opportunities when they arise. This interactive workshop gives women practical tools to strengthen their professional confidence, mental resilience and visibility – while developing a career and leadership presence that feels authentic to who they are.

Participants will learn to

- strengthen confidence and trust in their own capabilities
- increase visibility without feeling the need to »self-promote«
- communicate achievements, ideas and ambitions with greater clarity
- navigate pressure while protecting mental well-being
- build meaningful professional networks and alliances
- develop greater influence – with or without formal authority
- identify and confidently pursue their next career opportunities

Reasons to Join

- Build confidence, visibility and professional impact
- Strengthen mental resilience and sustainable performance
- Communicate your strengths and achievements with greater confidence
- Navigate pressure and change without sacrificing well-being
- Increase influence – with or without formal authority
- Build supportive professional networks and alliances
- Create a practical strategy for your next career step

Coach and Trainer



Dr. Anne Zuse

CEO & Founder | Executive Well-Being & Leadership Coach | Trainer
Luminaria Life GmbH, Cham, Switzerland

Dr. Anne Zuse is an ICF-accredited Executive Well-Being & Leadership Coach, Career Coach and Trainer with more than 25 years of international experience across healthcare, life sciences, leadership and professional development.

Having held senior leadership and global project roles herself, she understands the realities of navigating demanding professional environments, career transitions, visibility and change. Through Luminaria Life and her coaching work, she supports professionals and leaders in strengthening confidence, resilience and sustainable performance, navigating career and leadership transitions, and creating greater clarity and impact in their professional lives.

Recommended Seminars

Klar, souverän und selbstbewusst

October 20, 2026, Online Event

Programme aus dem EMA-Dschungel mit PV-Relevanz

October 27, 2026, Online Event

Was nicht im Risk Management Plan steht

November 10, 2026, Online Event

Inspection Preparedness and CAPA Planning Across Global Regulatory Environments

November 30, 2026, Online Event

Beton meets BtM: Pharmabauprojekte

December 1, 2026, Online Event

DSUR and PSUR/PBRER

December 4, 2026, Online Event

► This and other seminar offers can be found online on our website: www.akademie-heidelberg.de/online-seminare

Further Information

We are happy to answer your questions about this seminar, in-house trainings and our entire program.



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Registration Form

Women at Work – Visibility, Confidence and Mental Strength

Last Name
First Name
Job Title
Company/Organization
Street Address/No.
Postal Code / City
Phone Number
Email Address
Assistant's Name
Date / Signature

Kindly send your registration to: anmeldung@akademie-heidelberg.de

Date and Time

2 and 3 December 2026

9:00 a.m. to 1:00 p.m.

Online access from 8:45 a.m.

Seminar code: 26 12 PK706 W

Fee

€ 890,- (plus VAT)

The fee includes access to the seminar as well as the presentation as a PDF file. After the seminar, you will receive a certificate confirming your attendance.

Special fee: € 790,- (plus applicable VAT) for registrations received by October 31, 2026.

General Terms and Conditions

Our general terms and conditions apply (as of 01.01.2010). If you wish, we can send these to you. An English version is available upon request. You can also view our general terms and conditions at any time on our website: www.akademie-heidelberg.de/agb

Procedure

- One day prior to the seminar you will receive an email with a link giving you direct access to the online seminar.
- In order to participate, you do not need to download and install any program. You can dial in directly via Zoom using your internet browser.
- You can ask questions at any time and discuss them with the speakers and other participants via your microphone and camera. Alternatively, you can use the chat to communicate.

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