



Join our Empower & Equip journey

A great opportunity for young female EUR* & TUD** graduates with 1–3-year work experience. Made possible by het Ondernemende Vrouwen Fonds & het Erasmus Trustfonds.

We invite you to go on this 6-month journey with us. Give yourself the opportunity to be part of this special group of women and you will:

- Gain valuable insights in yourself and the world around you
- Learn new skills and practice them, so you can be more effective in your job and in life
- Be connected to a network of EUR & TUD alumnae that will support you and your ambitions

Starting a career after your study is exciting, but not a walk in the park. We believe that women can empower women early in their career, by making each other more aware of the power we have and the things that are holding us back.

Our credo is: if we knew at the begin of our career what we know now, life would have been much smoother.

If you are a female EUR* or TUD** alumna and being 1-3 year in the job, we can invite you to apply to the Empower & Equip program. The modules will be facilitated by experienced trainers and hosted by a patron of the OVF***; all women with lots of experience and expertise. During the sessions EUR & TUD alumni share what made them where they are now.

Together we will learn and grow, answer your questions, and support your actions for the next steps. You will meet women from all walks of life with one thing in common: the will to support each other.

The value of this program? Participants say!

- *“I gained insights in myself and learned powerful stuff no one ever told me at university”*
- *“An open and supportive environment in which you can share your struggles and feel cheered on”*
- *“Helped me to take the step to leave my fancy job as a consultant and start my own business”*
- *“New connections with other ambitious young women from very different backgrounds, with very similar questions”*
- *“Practice and get feedback on skills that will help me get ahead in the real world”*
- *“A network and real connections with alumnae that are open and ready to coach and share their experiences “*

The 6-month program in short

- 6 modules of 120 minutes
- In-between small group sharing
- Final celebration
- “Ask me anything” meet up

Discover your unique power		Use your energy wisely		Excel at working with others	
I This is me	II Purpose Playground	III Energy and healthy habits	IV Getting things done	V Courageous Conversations	VI Building your tribe
Discover & share your story	Explore your values and drivers	Know what gives and drains energy	Feel good about your results	Allow yourself to speak up and stand your ground	Find a support team that works for you
Develop your strengths and unique talent	Design a first draft of your “why”	Create habits to stay strong in times of high pressure	Get tips and tricks to use time wisely and prioritise right	Practise a process for conversations that matter	Learn how to ask and give help

The next module will start October 2023 life, and all following modules are digital and take place every 4 weeks, between 19.30 - 21.30 hr. We start a new cohort with 18-20 women.

Be a member of the Empower and Equip Community

And get:

- Access to the network of the “Ondernemende Vrouwen” for mentoring and sparring
- Electives around a specific topic with the broader community
- Meet ups and a membership for life after the celebration

Apply now

Please send an email before September 1 with your motivation to join the program and a short resume to Olivia at olivia.manse@gmail.com. The program is free of charge and requires your active participation.



Ondernemende
Vrouwen Fonds



Empowered & equipped over 65 EUR/TUD alumna so far, ready for the next 100