Empower is an engaging and informative program that includes talks, workshops and networking opportunities designed to enhance women’s professional development.

- Encourage women to feel confident in their skills and abilities
- Train female professionals to better advocate for themselves
- Host speakers who exemplify and champion women’s leadership
- Enable participants to connect with colleagues and build their network

Workshops include such topics as:
- Developing An Action Plan for Leadership
- Work Smart: Negotiating for a Raise or Promotion
- Get Over the Imposter Syndrome and Stop Feeling Like a Fraud
- Tackling the Implicit Biases that Can Hinder Leadership
- Building your Network to Get Ahead
- And more!

“This was a fantastic event: A warm and welcoming environment, great facilitators and speakers and an excellent group of women. I learned a great deal and especially appreciate the salary negotiation workbook. Kudos!”

Anna R., program participant

For more information, contact us by email at empower@aauw.org or call 202-728-7633