

## Networking

# Network Meeting

## *Taking control of the roles we play*

### *Redefining how we see ourselves and our work*

Invited lecture by **FRANCESCA CARLIN** (Berlin)

There will be the opportunity to get to know each other, broaden your network and exchange ideas and knowledge. Many mentoring programs will be invited. There will be representatives from the University of Freiburg, the partners of “kite-mentoring”, partner companies, the association „futura mentoring e.V.“ as well as other guests from Freiburg.

**Date:** **Thursday, 26.11.2020 17:30 – 20:00**

**Location:** Virtual Meeting via zoom

**Registration** <https://share.hsforms.com/19q1JITA-Q7CNAuYsDnbr1Q59ok6>

You will receive the zoom link after your registration is confirmed.

## ***Taking control of the roles we play***

### **Redefining how we see ourselves and our work**

Have you ever felt stifled, constricted, underappreciated? And on top of that felt like an imposter? Women are faced with a unique set of circumstances; we are often given a role that we perform in our personal and professional lives that we are not even aware of, and this role may affect the way we see and assess ourselves. Moreover, it informs others how to relate to us.

So, how do we take back control of the roles we play? This talk explores one woman's journey to finding herself and what she learned along the way.



<https://www.francescacarlin.com>

FRANCESCA CARLIN is an American communication trainer and personal coach. For over a decade she has helped professionals improve their public speaking, develop their presence, and apply the practice of mindful communication. She has worked in Russia and the U.S. and is currently working in Germany, Austria, and Switzerland.

Francesca is a trained actress and studied theatre at Boston and Harvard University. Over the years she has found that using acting techniques and exercises helps people to overcome personal barriers and to become more effective communicators. With her background in the performing arts, she has created a unique approach to her workshops and trainings, in which she incorporates and implements the best practices from both the world of communication skills development and theater.

