

KATHRYN SOLLMANN

AUTHOR | SPEAKER | COACH



WOMEN'S WORK+LIFE EXPERT AND ADVOCATE FOR LIFELONG FLEXWORK

"Kathryn Sollmann's keynote address was engaging and insightful. She simply and elegantly made clear that by helping one another and by being vocal about challenges, by respecting the different definitions of ambition and by sharing strategies for blending work and family, everyone can succeed and achieve what is ultimately most critical—long-term financial security."

—CORPORATE WOMEN'S NETWORKING GROUP
Pharmaceutical Industry

"Kathryn is at the forefront of women's work+life issues. A dynamic speaker, she empowers women as they transition through many work and life stages."

—KATHY MCSHANE
Office of Women's Business Ownership
U.S. Small Business Administration

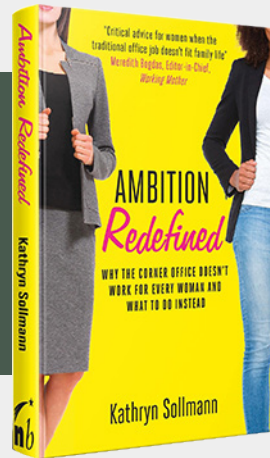
Let's Talk About How to Retain Talented Women!

AVOID THE OFF RAMP: DRIVE SAFELY & MAKE WORK FIT LIFE

With three jobs—a professional role and caregiving for children and aging parents, most women take at least one costly career break. Each year out they forfeit up to 4X their salary, lose career traction, jeopardize long-term financial security and make it difficult for employers to retain a diverse portfolio of talent. **Women learn the financial impact of career breaks and how a better work+life blend emerges with a pragmatic focus on life priorities.**

UP IS NOT THE ONLY WAY FORWARD

Today all women feel pressured to "lean in" to the top of the professional pyramid. Corporate leadership training gives women more access to power than the tools they need to comfortably blend work & life. Many women suffer in silence, afraid to be perceived as "lightweights" letting down the sisterhood. But up is not the only way forward—and when women are in heavy caregiving mode it's OK to lean "in between". **Women are empowered to develop their own brands of ambition & success, be a leader at any job level and explore ways to "grow in place" when they don't have the personal bandwidth for top jobs.**



Named a
"Business Book to Watch"
by **800-CEO-READ**

Bio

A trusted and pragmatic career coach, Kathryn has created and led hundreds of conferences and workshops that help women sustain and advance careers as they blend work and life. Her "Make Work Fit Life" event drew an audience of 200 women and sponsorship from AXA Advisors, Cigna, Ernst & Young, Fidelity, Merrill Lynch, Raymond James and Wells Fargo. She has led pragmatic, compelling discussions for women's professional and community organizations, internal corporate women's groups, college alumni and career services programs and financial advisors focused on retirement security for women.

In the Media

FINANCIAL TIMES The New York Times WCBS 880 NEWSRADIO npr



KATHRYNSOLLMANN.COM kathryn@kathrynsollmann.com