

# 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

## Signature Work+Life Topics for Current & Returning Professional Women

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

With responsibilities for children & aging parents, most women take at least one costly career break—foregoing up to 4X their salaries each year out, losing professional traction and jeopardizing long-term financial security. **Women learn the financial impact of career breaks & how a better work+life blend emerges with a pragmatic focus on life priorities.**

### UP IS NOT THE ONLY WAY FORWARD

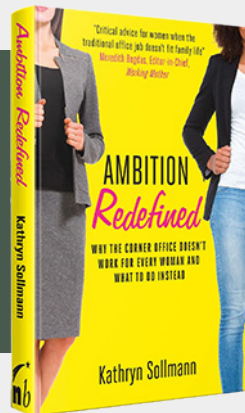
Today women feel pressure to advance the sisterhood and “lean in” to the top. But up is not the only way forward—and when women are in heavy caregiving mode it’s OK to lean “in-between”. **Women are empowered to develop their own brands of ambition & success, be a leader at any job level and find ways to “grow in place” when they don’t have the personal bandwidth for top jobs.**

### HOW TO PITCH WORK FLEXIBILITY TO YOUR BOSS...AND GET IT!

To get a flexible work arrangement in your current job, it has to be a professional pitch—not just a simple ask. When it’s done right, flexibility is granted 80% of the time. **Women learn what to highlight in a winning flexwork proposal, safeguards to make sure it works for both employer & employee and how to anticipate and shut down all potential objections.**

### 10 EASY STEPS TO A FLEXIBLE JOB

Too many women still believe there’s only one way to work—in the traditional, more than full-time, inflexible corporate job. But the fact is that there are 6 kinds of flexwork becoming more and more widespread among all industries & job functions. **Current & returning professional women get tips & strategies to find the flexwork that fits and funds their lives.**



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

## Bio

A trusted and pragmatic career coach, Kathryn has created and led hundreds of programs 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 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



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