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Select Workshop Testimonials

By: The Thoughtful Co. 

Our mission is to enable recognition, opportunity and influence for women in the workplace through individual and employer coaching.



*"The Thoughtful Co put on a terrific workshop for Edmonton CREW focusing on all aspects of compensation and negotiation. **They are incredibly knowledgeable and skilled in the 'why' and the 'how' of negotiation and were able to provide perspective on how compensation decisions are made on the executive level.** Edmonton CREW highly recommends The Thoughtful Co. for group education workshops and our members look forward to working with TTC on an individual basis!"*

- Jane Pascal, CREW Edmonton Director, May 2023

*"Our non-profit organization has been working with The Thoughtful Co for over a year running their workshop series. The Thoughtful Co prioritizes gender equality and inclusivity throughout its services, fostering an environment encouraging women's active participation and advancement. They recognize women's unique challenges in negotiation and leadership roles and provide tailored strategies and insights to overcome these obstacles. **The Thoughtful Co's dedication to promoting gender diversity and inclusion shines through in its content, discussions, and overall approach, making them an excellent choice for organizations seeking to cultivate an inclusive and empowering workplace.**"*

- Director, Non-Profit, June 2023

*"One of the most impressive aspects of The Thoughtful Co.'s workshop was its focus on compensation negotiation. This is an area where many women face significant challenges, and the workshop offered guidance on how to overcome these obstacles. We learned strategies for conducting research, presenting our value, and confidently negotiating for fair and equitable compensation. These workshops empower female professionals to take control of their career and strive for the recognition and compensation they deserve. **Thank you, The Thoughtful Co, for your unwavering commitment to empowering women and fostering their success.**"*

- Tara York, CFA Cincinnati, June 2023

*"I really enjoyed working with The Thoughtful Co. We chose to do a four-workshop series with them and got great feedback from our community after each event. **They are extremely well-versed in their subject matter and were able to easily answer even the most technical of questions** from our audience. Would definitely recommend."*

- Ashley van der Pouw Kraa, SCWIST, June 2023

"The Thoughtful Co is able to leverage their insiders' knowledge of salary negotiations to take some of the mystery and fear out of this crucial part of career progress. This is especially needed for women, many of whom are socialized to accept whatever is initially offered. But there are many guys who fall into this category as well. Knowledge is power and The Thoughtful Co supplies it!"

- Tom Goodwin, CFA Society Seattle, June 2023

"The Thoughtful Co led a session on negotiation for our career accelerator program in 2023. It was the highest ranked session (out of 5). TTC gave some great insight and perspective on why negotiation is important from the start of their career. They also explored barriers that women face when negotiating.

Excellent session and we will have them back!"

- Tarah McMaster, Senior Director, Events, Program Strategy & Stakeholders, July 2023

"The two workshops offered by The Thoughtful Co were truly a transformative experience. As a female professional, I've always felt the need for support and guidance in navigating the complexities of the workplace, and these workshops provided me and a group of females with exactly that. The Thoughtful Co. is a remarkable organization dedicated to empowering women and fostering their professional and personal growth. The content was thoughtfully curated, covering a wide range of topics essential for self-advocacy in the workplace. They are incredibly knowledgeable and passionate about the subject matter. They created a safe and inclusive environment, encouraging open discussions and providing practical advice that could be immediately applied to real-life situations. Their insights were invaluable, equipping our group with the skills and confidence we needed to effectively negotiate our worth and advocate for ourselves."

"The session was excellent and the feedback from our community members was very positive with many benefiting from the interactive approach The Thoughtful Co took. The content was rich and informative and provided exceptional value to attendees. We look forward to collaborating with The Thoughtful Co again in the future."

"It was really educational and provoked meaningful conversations."

"I left the session wishing I had you as my coach right out of university!"

"The content was helpful, relevant and from an expert in the field of compensation. I was really impressed with The Thoughtful Co's credentials, and it was valuable to learn tips I can use from someone who was typically on 'the other side of the table'. Thanks for sharing your knowledge today!"

"It was packed with great strategies for approaching the sometimes awkward conversation around compensation. I learned new approaches that I will try in my current job and feel more confident when I'm ready to change jobs. I would highly recommend attending their workshops!"