

Workshops

See our website to learn more about the other workshops we offer.

By: The Thoughtful Co. 

"It was really educational and provoked meaningful conversations."
- Workshop attendee

"It was fantastic and eye opening!"
- Workshop attendee

"The session was excellent and the feedback from our community was very positive with many benefiting from the interactive approach. The content was rich and informative and provided exceptional value to attendees."
- Workshop host organization

Career Boost: Authentic Networking for Impact (60 minutes)

This workshop guides attendees on how to network with confidence and build meaningful long-term connections. Participants will learn essential networking strategies that go beyond mere introductions, focusing on creating authentic relationships that foster professional growth. You'll acquire the skills to navigate networking events, leverage your existing connections, and leave a lasting impression in your industry. This workshop is led by Sophie Warwick, who specializes in developing in-house gender equity policies and chairing Employee Resource Groups, and Jillian Climie, who has spent her career in executive compensation.

Key takeaways include:

- Approach networking with a purpose and alignment with career goals.
- Understand the importance of genuine interactions.
- Craft and deliver a compelling elevator pitch that succinctly communicates your professional value.
- Build lasting relationships through thoughtful communication.
- Gain insights into maintaining and nurturing your network over time.

Format: we offer both virtual and in-person workshops. Contact us today to learn more about our fees.

Jillian Climie (she/her)

Jillian Climie, Co-Founder of The Thoughtful Co, has spent her career advising and leading teams in executive compensation and corporate governance, both as a consultant, and in-house at two global retailers. Most recently at Lululemon, she led the global equity compensation and executive compensation programs. After taking a pause, she realized she wanted more of three things in her professional life: thoroughness, passion and freedom. She Co-Founded The Thoughtful Co so she can leverage her niche and technical experience, coupled with her passion for gender equity, to empower women to get paid what they deserve.



Sophie Warwick (she/her)

Sophie Warwick, Co-Founder of the Thoughtful Co, specializes in developing in-house gender equity policies and chairing Employee Resource Groups and advocacy groups. She uses her data analysis expertise from her engineering background to define targets and track growth and retention. In 2018, she Co-Founded Women in Consulting Engineering (WCE), a non-profit organization with over 500 members and monthly events to support and empower women in engineering. She co-founded The Thoughtful Co so she could build more gender inclusive workplaces and build representation of women at senior levels in all industries.