



Select Workshop Testimonials

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

“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.”

“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. I would definitely recommend.”

“Our 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.**”

We work with clients globally, including **Nokia, Ledcor, Thurber Engineering, RDH Building Science, QuadReal, Cambridge University, CFA Society, EGBC, Syncra Construction, and Stantec.**

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"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."

"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.**"

"I attended the Thoughtful Co.'s presentation on Advocating for Yourself at Work, I found the session fantastic! It was a reminder that I need to promote myself to peers and my manager, **it is one of the many takeaways I got from this workshop!**"

"The insights shared by the Thoughtful Co. were beyond valuable. Learning to network authentically has significantly enhanced my confidence and impact in various professional settings. They truly understand their subject matter. **Their workshops are a must for anyone looking to elevate their career. Grateful for the invaluable skills gained.**"

"Insightful session - I wish I had this straightforward info when I first received stock options and RSUs. **Very helpful to have the negotiation aspect woven through the presentation, too.** Thanks so much!"