



**Dream
Dare
Share..**

13th Equilibrium Mentoring Programme

British Chamber of Commerce 2023





Dream – Dare – Share

- Encouraging and empowering women in business & management
- Providing support for women after parental leave or with career restart
- Shaping a new generation of women managers and strengthening gender diversity



Ten Amazing Months

- Equilibrium starts in September and ends in June – **10 months full of activities**
- Six one-on-one mentoring sessions

3

Sessions for
the whole
community

5

Workshops
with our
experts

5

Physical
MyStory
events

5

Online
events or
more



Personal Benefits

- Helping with orientation on your career path
- Focused on your personal growth – learned soft skill improvement
- Confidence boost – perfected communication
- Meeting new people – extending your pool
- Finding motivation and personal well-being
- Being part of lovely community





External Takeaways

- Higher educational platform recognition
- External mentor with years of experience
- One-day Mentor shadowing
- CV & LinkedIn reference update
- Career and business opportunities
- Extension of your professional network
- Listening to interesting speakers and personalities from business



Meet Our Mentors



Drahomíra Mandíková
Asahi EU & Int



Kuuno Vaher
AstraZeneca



Eva Benešová
Principal Coaching



Petr Šmíd
Google



Katarína Navrátilová
TESCO ČR



Kateřina B. Jacques
**Embassy of Sustainable
Thinking**



Kateřina Halásek
Dosedělová
PwC



Neil McDonald
GSK



International Participation

- Global hybrid model since 2020
- Mentors from EU Countries and from the UK
- Optional ONLINE vs OFFLINE participation
- Sharing experience from the same companies but from different countries
- Focusing on diversity and inclusion





Summary

Package for Mentees	Contents
Matchmaking and pairing with selected Mentor	✓□
Mentee training workshops – Mentoring Essentials	✓□
Individual one-on-one sessions with your Mentor (minimum of 6 sessions)	✓□
Opportunity to shadow selected Mentor for one day	✓□
Opening Conference & Networking in person	✓□
Mid-term Conference & networking online	✓□
Closing Conference & networking in person	✓□
Access to Mentoring Helpline – support throughout the programme	✓□
Opportunity to attend five Equilibrium workshops – soft & hard skills	✓□
Online Thursday Taboo Talk events	✓□
My Story events – informal events with inspirational speakers	✓□
Discounted price for the selected BCC events from September to June	✓□

*all the offline events include refreshments & drinks

Meet Our Steering Committee



Eva Shaw
August Leadership



Kristin Parpel
KLP Coaching



Brigitte Lintner
ACC & PCM Coach



Kate Davenport
UK Embassy



Adam Wojtovič
Eschola



Yvona Tošnerová
**Raiffeisen stavební
spořitelna**



Luděk Vrána
Kocián Šolc Balaščík



Jan Bubeník
Bubeník Partners

BCC Equilibrium Team



Silvia Bušniaková
Managing Director



Matěj Budárek
Programme Manager



Tatiana Levko
Programme Executive



Under the Auspices of



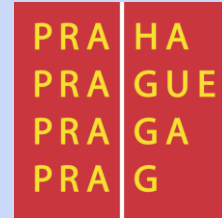
British Embassy
Prague

With Support of
His Excellency Matt Field



**United
Nations**

With Support of UN
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Czechia



With Support of the Major
of Prague



EQUILIBRIUM

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