

2023
8-WEEK COURSE

PROFESSIONAL
**WELL-BEING
COURSE**

For Black Women in Footwear

[KATARAMCCARTY.COM](https://www.kataramccarty.com)

WELL-BEING COURSE
BLACK WOMEN IN FOOTWEAR

COURSE DESCRIPTION

Black Women navigate systems that don't always see them fully or tap into their leadership potential—facing these systems impacts mental, emotional, and physical health, influencing job satisfaction.

As part of this eight-week course, participants will learn how to effectively create practices and habits to manage and navigate their personal and professional lives.

Recent studies show that

- 88% of Black Women experience burnout on the job often or always due to the pressures of performing in non-supportive environments.
- 75% of Black Women say their organization doesn't take full advantage of their skills.
- 63% say they don't see a path to advance their career within their current organization.
- 71% say they'd quit for a new job in order to get a pay raise or promotion.

*Survey results from "Black Women Thriving," Every Level Leadership Consulting Firm

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WHO IS THIS COURSE FOR?

Black women in the footwear industry looking for a supportive community to help them manage the challenges of navigating an industry where they may be among the few Black women in the room.



ATTENDEE BENEFITS

01

LEARN

Learn habits/rituals to reduce stress and anxiety while developing ways to prioritize your mental and emotional health and wellbeing

02

DEVELOP

Develop skills to leverage strengths that build leadership capacity

03

DISCOVER

Discover ways to create work-life harmony

04

EXPERIENCE

Experience a sense of belonging through a supportive community and network

ORGANIZATION BENEFITS

01

ESTABLISH

Establish an inclusive leadership culture



02

GROW

Grow a diverse team of leaders



03

RETAIN

Retain diverse team members



04

ATTRACT

Attract new business and new talent

EXECUTIVE LEADERSHIP COACH



KATARA MCCARTY, LSCC
Certified Coach

With over twenty years of experience leading and developing people, Katara is a sought-after executive coach, author, and podcast host. She is committed to prioritizing Black Women's overall well-being while advocating and providing well-being resources through coaching, public speaking, workshops, and her app EXHALE.

CLIENT TESTIMONIALS



NATALIE S.

Working with Katara has quite literally changed my life. She is deeply empathetic, smart as hell and provides a grounding force to help you implement change.



JANICE J.

I needed to recover my voice. I've let it be mute for a long time. Working with Katara has given me the tools to recover my voice. I am saying what I want and need to say. I am so glad I invested in working with Katara.



KANDACE K.

Katara is a fantastic coach! She holds space for me as a whole person and challenges me to step out of my comfort zone. I love working with her.



LAUREN F.

Working with Katara was one of the wisest decisions I made for myself, as a Black Woman. She provided a safe and compassionate space for me to speak my mind, grow my courage, and confidently re-emerge as my most authentic and empowered self. She's a gem!

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WELL-BEING COURSE

EIGHT-WEEK VIRTUAL COURSE

All sessions are held online via Zoom. Space is limited so register today!

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