



Women in Law Professional Development Workshops & Webinars

“Lisa Hinz was truly exceptional to work with! She delivered two powerful presentations for our Women’s Initiative, and the feedback from attendees was overwhelmingly positive. Her sessions on Self-Advocacy for Women and Imposter Syndrome were not only engaging but also packed with meaningful, actionable insights.


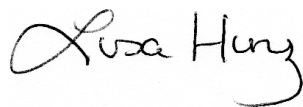
Lisa has a remarkable ability to connect with her audience and create a space that feels both empowering and inclusive. The content she shared sparked thoughtful conversations and left a lasting impact on everyone who attended. We’re so grateful for her expertise and the inspiration she brought to our firm!”

- Brielynn Bell, Diversity Specialist - **Goldberg Segala Law Firm** -
Webinars for Women’s Initiative



As a leadership coach with over 20 years of corporate leadership experience, it is with great pleasure and passion that I present to you five powerful women's leadership workshops/webinars designed to elevate, empower, and embolden women to reach their highest potential:

1. Winning the Battle Against Imposter Syndrome
2. The Power Within: Self-Advocacy Skills for Women
3. Beyond the Brief: Crafting Your Leadership Identity as a Woman in Law
4. Burnout, Boundaries & Balance: Thriving (Not Just Surviving) in Legal Practice
5. Strategic Networking: Building a Power Circle that Opens Doors



Winning the Battle Against Imposter Syndrome



Format Options: 60-minute webinar or 90-minute in-person interactive workshop

Description: Imposter Syndrome, a false and sometimes crippling belief that one's successes are the product of luck or fraud rather than skill, affects up to 82% of all people at some point in their lives.

The challenge is that most people who experience it don't talk about it. They suffer in silence.


In this interactive session, Lisa shares her personal story about imposter syndrome and how it impacted her career. She presents the common signs of imposter syndrome, the five imposter syndrome competence types, its potential effects, and four effective ways to manage it so that those experiencing it don't feel stuck, can take action, and move forward.

Participants will learn how to:


- Recognize the 3 fundamental signs of Imposter Syndrome.
- Identify Your Imposter Syndrome Competence Type.
- Understand the potential effects of Imposter Syndrome and how they can impact your career.
- Apply four steps to help manage Imposter Syndrome.

In the 90-minute in-person workshop version, breakout activities include:

- 1. Imposter Syndrome Competence Corners** – there are five imposter syndrome competence types. I will present each type and designate different areas of the room (the four corners and the middle of room, depending on how room is set up) to represent each one of the competence types. I will then ask the women to go to the area of the competence type they resonate most strongly with. Once they get to their area, I will ask them to talk to as many women in their group as they can within 10 minutes and tell them how their competence type might be creating roadblocks for them in their career and a reframe they commit to practicing to help manage their imposter-like thoughts.
- 2. Triggers Discussion.** Break into groups of 4. Participants will take @three minutes to think of what triggers their imposter-like thoughts. They will then each share their triggers with their group and come up with one action they can take to help minimize those thoughts. If someone in the group doesn't experience imposter syndrome, they can contribute by giving advice on actions the other participants may be able to take.



Winning the Battle Against Imposter Syndrome



3. **Something You're Good At.** People will pair up with one partner and spend a few minutes telling each other one thing they're good at. This ties into one of the steps of managing Imposter Syndrome.
4. **Self-Reflection.** Individual activity. Each person will answer a list of self-reflective questions provided to them. They will also write down names of people they may be able to talk to if/when struggling with imposter syndrome.

Attendees receive an **Imposter Syndrome Workbook** (printable PDF for webinars, printed hardcopy for in-person) including:

- Do I Have Imposter Syndrome? – Self-Check
- The 5 Imposter Syndrome Competence Types
- Triggers + Thoughts
- Owning Something You're Good At
- Self-Reflection Journal
- Building a Support System
- My Action Plan

The Power Within: Self-Advocacy Skills for Women



Format Options: 60-minute webinar or 90-minute in-person interactive workshop

Description: This workshop is designed to help women master the art of self-advocacy. It will cover key topics such as common barriers to self-advocating, avoiding over-apologizing, handling interruptions, advocating for family and personal life balance, speaking more assertively, and expressing your ideas clearly and confidently.

Participants will learn how to:

- Explore common personal barriers to self-advocacy and learn how to overcome them.
- Discover strategies to stop over-apologizing and communicate more assertively.
- Advocate for family and personal life balance.
- Gain techniques to address and manage interruptions in conversations and meetings.
- Develop skills to ask for more, say no, and express your ideas and opinions clearly and confidently.

In the 90-minute in-person workshop version, breakout activities include:

1. **Personal Barrier Small Discussions.** Break into groups of 4. Participants will openly discuss the barriers women face when advocating for themselves at work and in life. Discuss the potential impact of these barriers and ideas to overcome them.
2. **Elevator Pitch.** Break into groups of 4. Each participant will prepare an elevator pitch. They will then each take turns sharing their elevator pitch with their group. Those in the group can provide feedback to each other on how to make their pitches stronger, more powerful, more succinct, etc.
3. **Role Playing.** Participants pair up. Each pair will be provided with scenarios where they need to practice self-advocacy and how to handle interruptions.

Attendees receive a **Self-Advocacy Workbook** (printable PDF for webinars, printed hardcopy for in-person) including:

- Barriers to Self-Advocacy Reflection
- The Over-Apologizing Detox
- Interruptions & Assertiveness
- Balance + Boundary Scripts
- Elevator Pitch Planner

Self-Advocacy Action Plan



Beyond the Brief: Crafting Your Leadership Identity as a Woman in Law



Format Options: 60-minute webinar or 90-minute in-person interactive workshop

Description: Technical excellence may get you in the door, but a clear and confident leadership identity is what gets you noticed, trusted, and promoted.

In this powerful session tailored for women in law, we'll explore how to intentionally craft the way you're seen by clients, colleagues, and decision-makers—so you're not just doing great work, but also getting recognized for it. Whether you're aiming for partnership or simply

want to lead with more clarity and confidence, this session will give you the tools to define and project your authentic leadership brand.

Participants will learn how to:

- Identify the core traits and strengths that define their leadership brand
- Understand how gender dynamics can subtly impact visibility and influence
- Align their communication style and behaviors with their long-term leadership goals
- Take action to become more visible in ways that feel genuine and strategic
- Develop a personalized plan to reinforce their leadership identity in everyday practice

In the 90-minute in-person workshop version, breakout activities include:

1. **Leadership Word Map:** Define the words that represent how you currently show up vs. how you want to be perceived
2. **Brand Stories Pair Share:** Explore a personal story of success to uncover natural leadership strengths
3. **Power Audit:** In small groups, identify areas where your work and voice may be going unseen—and develop visibility strategies
4. **Commitment Circle:** Declare one brand-building action you'll implement in the next 30 days, with group accountability support

Attendees receive a **Leadership Identity Toolkit** (printable PDF for webinars, printed hardcopy for in-person) including:

- Leadership Word Map Worksheet
- Power Audit Grid
- Leadership Identity Self-Assessment
- 30-Day Visibility Challenge



Burnout, Boundaries & Balance: Thriving (Not Just Surviving) in Legal Practice



Format Options: 60-minute webinar or 90-minute in-person interactive workshop

Description: You're smart. You're capable. You're reliable. But are you running on empty?

Women attorneys often carry more than their caseload — they juggle expectations, people-pleasing, perfectionism, and pressure to be constantly available. Over time, this adds up to burnout, blurred boundaries, and the sinking feeling that success is coming at too high a cost.

This powerful and practical session cuts through the silence. You'll explore how burnout shows up for high-achieving women in law, how to reset your internal and external boundaries, and how to start creating the kind of career sustainability no one taught you about — but every woman lawyer deserves.

Whether you're early in your career or in a leadership role, this program gives you the tools to protect your energy, clarify your limits, and strengthen your long-game.

Participants will learn how to:

- Identify the signs and cycles of burnout before they escalate
- Use research-backed strategies to reset without guilt
- Set boundaries that protect time, energy, and focus — while maintaining professionalism
- Rebuild balance through small but powerful mindset and behavior shifts
- Design a personal “burnout reversal plan” to support long-term resilience

In the 90-minute in-person workshop version, breakout activities include:

1. **Burnout Timeline Mapping:** Trace how overextension built up — and where you can pivot
2. **Boundary Practice Circles:** Use real-life scripts to practice assertive, professional communication
3. **Energy Exchange:** A group brainstorm to identify what drains you — and what to do instead

Attendees receive a **Burnout Toolkit** (printable PDF for webinars, printed hardcopy for in-person) including:

- Burnout Self-Check Quiz
- Boundary Script Builder
- Energy Audit Worksheet
- 30-Day Burnout Reversal Action Plan

Strategic Networking: Building a Power Circle That Opens Doors



Format Options: 60-minute webinar or 90-minute in-person interactive workshop

Description: Forget awkward mixers and outdated advice about “working the room.” Today’s most successful attorneys aren’t just technically excellent — they’re strategically connected.

This session rewrites the rules of networking for women in law. It’s not about collecting business cards — it’s about building a Power Circle of advocates, allies, and advisors who help you rise, refer, and lead.

You’ll learn how to strengthen your influence, expand your visibility, and build a reputation that gets you considered for high-value work — all without selling out your personality or overextending your time.

Whether you’re a rising associate or a seasoned partner, this session will help you build authentic relationships that actually move your career forward.

Participants will learn how to:

- Rethink networking as career insurance — not extra credit
- Identify the 5 types of people every woman in law needs in her Power Circle
- Strengthen relationships with sponsors, mentors, and rainmakers
- Network with confidence, clarity, and authenticity — even as an introvert
- Create a 30-day action plan to expand influence and open new doors

In the 90-minute in-person workshop version, breakout activities include:

1. **Power Circle Mapping:** Identify the gaps in your current network and who you need to add
2. **Networking Language Lab:** Practice starting conversations that feel natural and strategic
3. **Visibility Plan Sprint:** Build a list of 5 low-lift networking moves to implement in the next 30 days

Attendees receive a **Strategic Networking Workbook** (printable PDF for webinars, printed hardcopy for in-person) including:

- Power Circle Map
- Strategic Network Gap Checklist
- Conversation Starter Script Bank
- 30-Day Networking Visibility Planner
- Follow-Up Email Templates



WORKSHOP & WEBINAR FEES

In-Person 90-Minute Workshop Fees:

- **Pricing:**
 - \$5,000 per In-Person 90-Minute Workshop
 - Travel Fee is in addition to workshop fee, cost will depend on location and number of days.
 - 3-Workshop Bundle Package Pricing - \$14,000 total (travel fee in addition)
 - 5-Workshop Bundle Package Pricing - \$22,500 total (travel fee in addition)
- **In-Person 90-Minute Workshop Topics:**
 1. "Winning the Battle Against Imposter Syndrome"
 2. "The Power Within: Self-Advocacy Skills for Women"
 3. "Beyond the Brief: Crafting Your Leadership Identity as a Woman in Law"
 4. "Burnout, Boundaries & Balance: Thriving (Not Just Surviving) in Legal Practice"
 5. "Strategic Networking: Building a Power Circle That Opens Doors"
- **Workshop Fee Includes:**
 - Discovery calls to tailor webinars for your attorneys
 - Printed workbooks for participants
 - One drawing (per workshop) for surprise gift including a 60-minute one-on-one coaching session (\$300 value)

60-Minute Webinar Fees:

- **Pricing:**
 - \$2,000 per 60-Minute Webinar
 - 3-Webinar Bundle Package Pricing - \$5,000 total
 - 5-Webinar Bundle Package Pricing - \$8,000 total
- **60-Minute Webinar Topics:**
 1. "Winning the Battle Against Imposter Syndrome"
 2. "The Power Within: Self-Advocacy Skills for Women"
 3. "Beyond the Brief: Crafting Your Leadership Identity as a Woman in Law"
 4. "Burnout, Boundaries & Balance: Thriving (Not Just Surviving) in Legal Practice"
 5. "Strategic Networking: Building a Power Circle That Opens Doors"
- **Webinar Fee Includes:**
 - Discovery calls to tailor webinars for your attorneys
 - PDF Printable Workbooks

Testimonials

"Lisa Hinz was truly exceptional to work with! She delivered two powerful presentations for our Women's Initiative, and the feedback from attendees was overwhelmingly positive. Her sessions on Self-Advocacy for Women and Imposter Syndrome were not only engaging but also packed with meaningful, actionable insights.

Lisa has a remarkable ability to connect with her audience and create a space that feels both empowering and inclusive. The content she shared sparked thoughtful conversations and left a lasting impact on everyone who attended. We're so grateful for her expertise and the inspiration she brought to our firm!"

- Brielynn Bell, Goldberg Segala Law Firm - Webinars for Women's Initiative

"Lisa Hinz of The Confidence Track was the keynote speaker at a women's retreat sponsored by my organization. She provided her personal perspective alongside recommended resources on topics (Winning the Battle Against Imposter Syndrome, Self Advocacy for Women) that was perfect for our audience. Relatable and encouraging, Lisa also used small group discussions to allow attendees to share scenarios and strategies that built understanding of the topic and each other. Lisa was easy to work from the very beginning and further enriched her time with our organization by conducting some one-on-one sessions with staff. I highly recommend Lisa, especially for events focused on helping women overcome common – and often self-imposed – obstacles to success."

- Adele Hall - SRF Consulting Group - In-Person Workshops

"Lisa Hinz delivered an incredibly insightful session on imposter syndrome that deeply resonated with our audience. Her vulnerability, combined with her practical strategies, created a space where everyone felt seen and heard. Lisa's ability to share her personal journey while offering actionable advice was both inspiring and empowering. She not only illuminated the challenges of imposter syndrome but also provided tools to overcome it, leaving us all more confident in our abilities. Her authenticity and expertise made a lasting impact!"

- Shrina Sood, Ellevation Education - Company-Wide Webinar

"Our teams really enjoyed hearing from Lisa on Imposter Syndrome. Lisa's well put together presentation had a variety of helpful information, and it was incredible to hear her personal stories around overcoming Imposter Syndrome. She gave our employees a chance to ask questions, and we all walked away feeling better equipped to tackle this syndrome in our daily lives."

- Alston Grinnell, T-Mobile - Company-Wide Webinar

WHY THE CONFIDENCE TRACK



Lisa Hinz, Founder of The Confidence Track, brings over 25 years of valuable corporate leadership experience to the table.

Lisa creates and facilitates leadership programs and coaches professionals who are driven to take their careers to the next level. She focuses on elevating leadership confidence and turning professionals into influential leaders.

Lisa has presented to the following companies, conferences, and organizations: Goldberg Segala, Kiewit, T-Mobile, Ford Motor Company, Newmont Mining, Minneapolis Metro Transit, Girls Inc. National Conference, SRF Consulting Group, Ellevation Education, Groundbreaking Women in Construction, Women's Transportation Symposium (WTS) Colorado Chapter, ACEC Regional Conference, AREMA National Conference, WTS National Conference, MIC Regional Conference, Women's Energy Network, Catholic Mutual Group, Colorado Vet Tech Association, and more.

Lisa is Certified in:

- 1) **Certified Professional Coach** through Institute for Professional Excellence in Coaching (iPEC).
- 2) **COR.E Leadership Dynamics Specialist** - a highly comprehensive process for creating sustainable behavior change and maximizing performance.
- 3) **COR.E Wellbeing Dynamics Specialist** - a systematic and comprehensive program that builds and uses an individual's capacity and potential to create an empowered energetic state that supports optimal wellbeing.
- 4) **Energy Leadership Master Practitioner** - the process that develops a personally effective style of leadership that positively influences and changes not only yourself, but also those with whom you work and interact, as well as your organization as a whole.

Contact

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