

©THE LEADERSHIP JOURNEY:
A Self Assessment Program for High-Achieving Women at Midlife.

LEADERSHIP JOURNEY

Counselor

DONNA M. BENNETT

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Welcome to the Leadership Journey Program. I look forward to working with you as your personal Leadership Journey Counselor. (To learn more about me and my Personal Philosophy, please see page 2.)

Your personal Leadership Journey will take you through 10 self-assessment packets over a 12-month period. You will be asked to make a monthly commitment to reflect on the questions in the current packet as well as meet with me monthly. I will challenge you and guide you through this self-discovery journey. The last two months, we will focus on “Next Steps” as you move to new leadership.

The materials are designed specifically for high-achieving women at midlife or mid-career who are anticipating and/or experiencing a transition in their lives or work. Typically, the issues you will be reflecting on will be questions of purpose, meaning, value, passion or calling.

The following are the titles of your self-assessment packets:

- I. My Life (Looking back; looking forward)***
- II. My Work (The role of work in my life)***
- III. My Relationships (Exploring all of my relationships)***
- IV. My Leadership (Evaluating my role as a leader)***
- V. My Courage (Assessing my personal qualities)***
- VI. My Health and Wellness (My personal health issues)***
- VII. My Shadow (Uncovering the hidden parts of myself)***
- VIII. My Spirituality (Asking deeper questions)***
- IX. My Endings and Beginnings (Identifying what has ended and what is beginning in me)***
- X. Moving to New Leadership (Making the transition)***

(Turn to the next page for my Biography and Philosophy)

The Leadership Journey

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DONNA M. BENNETT M.A. L.P.

BIOGRAPHY & PERSONAL PHILOSOPHY

Donna Bennett has mentored, counseled and advised high-achieving women in all areas of their personal and professional lives. She has 18 years experience helping women to move to new careers, to enrich their relationships both at work and in their personal lives, and to use their strengths to identify and achieve personal goals and dreams.

Donna is a frequent presenter, workshop facilitator, and trainer specializing in the areas of emotional issues of job loss, stepfamily issues, and personal and professional growth and development. Her book, *“When You Lose Your Job”*, was published by Augsburg Press in 2002.

Her presentations to professional groups include:

- The Minnesota Psychological Convention
- The Minnesota Association for Marriage and Family Therapy Conference
- The Minnesota Workforce Centers State Training Conference
- The Minnesota Career Development Association State Conference
- Minnesota State Bar Association Continuing Legal Education Training

Donna volunteers her time with area Job Support Groups both as a speaker and as a trainer for small group facilitators. Additionally, she volunteers her time to lead and facilitate a weekly support group for people in the process of divorce and separation, and facilitates Sunday afternoon retreats for women who are seeking to live life more joyfully and creatively.

Donna holds a B.S. degree in Business and Psychology and a Master’s degree in Counseling Psychology and is a Licensed Psychologist. She is a Trustee and member of the Minnesota Career Development Association, a member of the Minnesota Association of Career Management Professionals, and serves on the advisory board of DivorceChoice.Com.

She loves Drawing classes, mystery novels, professional baseball, antiquing with her husband, and browsing in her favorite bookstores with her granddaughter.

Personal Philosophy

Donna’s philosophy is based on her passion and experience in helping individuals find purpose and meaning in their lives. She believes that discovery and acceptance of one’s authentic self allows choices based on personal desires, interests, values and goals rather than on the expectations of others.