

PROGRAMA DE MENTORING 2020 - XIV EDICIÓN

Título del programa: Crafting your life as a young leader

Nombre del mentor@: Mariya Nacheva

BIO del mentor@: <https://www.linkedin.com/in/mariya-nacheva-00742b46/>

- 5-lingual, change agent, out of the box thinker, pragmatic, mentor
- 14 years career at the Boston Consulting group : Dusseldorf, Paris, Los Angeles, Madrid
- Served in a range of roles with BCG, such as, Market analyst, Consultant, Sector manager Aerospace & Defense, Client Service Manager, and Global Client Businesses Director
- In my last role, served as advisor and change agent for the leadership to embed client excellence in BCG, incl. hardwiring it in career development, training curriculum and heroes recognition
- My core strengths are change management and people enablement. I thrive in fast-paced, global, intellectually intense environment
- After work - I take care of my loved ones, dance, sing, and travel!
- Education – Diploma (MBA equivalent) in Business Administration, University of Stuttgart. Bulgarian and German Citizen

Descripción del programa

Crafting Your Life is a tactical mentoring about You. It is about discovering what really matters to you. It is about how you can stay true to yourself as you navigate not only your career, but also the breadth of your lives, from your connections with others to your impact on the world. It is about preparing and equipping you to better handle the choices and tradeoffs you will face in your career as a young leader. This mentoring program is not about creating a rigid 10-year plan. It is instead about getting to know yourself so that you can be better prepared to more thoughtfully and confidently navigate the choices, tradeoffs, and surprises that will inevitably present themselves in the first decade of your work life.

Objetivos a cubrir: Be inspired to ask yourself how you can approach your busy lives with more intention.

Contenido de las sesiones a impartir

- **Sesión 1:** What are your values, interests, expectations, and strengths?
- **Sesión 2:** What does living a fulfilling life mean to you? What role will happiness, meaningfulness, and impact contribute to your life? How will you prioritize and cultivate each of these in your life (personal and professional)?
- **Sesión 3:** How do you manage work-life tensions and tradeoffs? How do you think about competing demands between family and career?
- **Sesión 4:** How do you develop relationships to help sustain you - both at work and in life?
- **Sesión 5:** How do you take care of yourself? How might you improve your self-care?
- **Sesión 6:** How do you create and change habits to keep you learning, growing, and staying true to your values and priorities?

At the end will ask you to take stock of your learnings and how you will hold yourself accountable – a short final paper

Impartición de las sesiones

Modalidad (Presencial/virtual): Presencial

Día, hora y lugar de impartición de cada sesión:

- Mar 20
- Apr 17
- May 15
- June 19
- July 24
- Sep 4

On a monthly basis, Friday noons, 1.5 – 2 hours, would align with mentee on exact timing

Tiempo necesario a invertir por parte del mentee: 6x2h and some self-reflection time

Requisitos para mentees: Willingness to learn new mindsets and experiment
