



PractiGal
aka Sonya L. Sigler

**Entrepreneur,
Attorney, Start-up
Consultant, Writer,
Mom of Three Boys**

Your Career Mentor
By Sonya Sigler

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The Top 10 Ways to Manage Your Career

Ever wondered why some coworkers' careers look like they are on a rocket ship to success and yours feels like it's stalled out? Our highly successful speakers (individually or as a panel) will deliver the top 10 tips for managing your career and how to take control into your own hands.

In this highly interactive presentation, through exercises with each tip, you will learn how to manage your career and guide yourself down the path that is right for you!

Participants will learn about the following tips:

- Goal setting
- Know your value and sharing it
- Work-Life Balance
- How and why to volunteer yourself
- Beware of gender bias
- Mentoring
- Being your own best cheerleader
- Stepping up to the challenge
- How to ask for a raise

This topic is available as a 60-120-minute presentation or webinar or as a half-day or full-day workshop. For other formats, please contact me to discuss.

What attendees had to say...

"This presentation really helped me see some glaring realities about my work situation. With this epiphany, I was able to make some helpful choices--and to redirect my energies where I really wanted them to go. I would recommend it to everyone!" Jennie V, Cal '86

"Sonya and Graciela delivered an excellent session for the Women of Wind River. Their *10 Tips for Managing Your Career* discussions and exercises helped attendees take stock of their value and create personal branding messages to highlight differentiation. In addition, we learned how important it is to mentor each other and learn to be our own cheerleaders. I highly recommend Graciela and Sonya as they have a wide range of experience that spans many roles." Amy W, Corporate Sales Director

To schedule your presentation, contact Sonya Sigler at 650-281-8325.

Presenter Biographies

Sonya L Sigler is an experienced executive with skills and knowledge in the legal, operations, marketing, and business development functions. She consults with corporations and law firms on a variety of projects, focusing on strategic planning and the implementation of solutions to difficult and seemingly intractable problems. She also consults with start-ups and other companies seeking to grow quickly or reinvent themselves.

Ms. Sigler is a frequent writer and speaker on technology assisted review, advanced search and retrieval techniques, electronic discovery issues, meet & confer techniques, in-house counsel, and other legal related topics. She also speaks and trains others on grant writing, fundraising, and advocacy. She is a supporter and advocate for women in technology.



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Other presenters or panelists are available, as needed:

Graciela Tiscareño-Sato is a decorated military veteran, publisher, speaker and bilingual STEM Consultant to K-12 school districts. She speaks on topics that include leadership and innovation, environmental entrepreneurship, the Latino educational crisis and STEM solutions. Ms. Tiscareño-Sato was honored by The White House as a Woman Military Veteran Leader Champion of Change in March 2014.

Ms. Tiscareño-Sato is also the author of two award-winning books *Latinnovating: Green American Jobs and the Latinos Creating Them* [ISBN: 978-0-9834760-0-9] and a bilingual children's picture book *Good Night Captain Mama*, inspired by her military service. She is currently the CEO and founder of Hayward's multicultural, educational publishing firm Gracefully Global Group, LLC.



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