

## What to Talk About?

*Some suggested topics discussed by past ICER mentors/mentees*

*Last updated 17 January 2019*

*The ICER Women in Energy vision is for women to have equal opportunities, be empowered and have the self-confidence to succeed. Our objective is to aid the career advancement of women in energy. We do this by offering practical tools to help women help themselves in their career paths and by seeking to change culture and attitudes.*

### Skills

- Writing - a skill for life
- Communication
- Networking and relationship building
- Public speaking
- Building your self-confidence
- Seeing the big picture (e.g. in terms of career, policy, international..)
- Tips for learning and development
- How to sell yourself - understanding yourself and your strengths to better self-promote
- How to influence others

### Energy – technical skills and global issues

- Deeper understanding and expertise in energy regulation
- International energy issues - differences in regulations and policy across countries
- Sustainable development, renewables, smart grid, climate change, environmental issues
- Skills and lessons to be an excellent regulator –negotiation skills, political analysis, stakeholder management etc.

### Career

- Your own aspirations at work
- Career paths and how to get there
  - How to improve your chances of getting a promotion
  - Career implications of decisions
- Career opportunities in the energy sector
- How to move into a management/executive level position
- How to develop your competitive advantage

### Changing job

- CV presentation – style and content
- Interview tips
- How different roles affect career paths
- Knowing when to move on and explore other opportunities

## Management / Leadership

- How to be a good manager
- Managing yourself to manage others
- Managing upwards
- Learning to lead - leadership tips
- Leadership and leaders
- Gain insights into the mentor's experiences and career path, and how they got to where they are
- Managing personal relationships for women in leadership position

## Workplace - gender and diversity

- Working as a woman in a male dominated environment
- Working in multi-cultural and multi-language workplaces
- Handling difficult people / complex situations
- Feelings at work (meetings, talks with boss etc.)
- Feelings in teams (towards yourself, colleagues)
- Work-life balance
- Being in a senior position, whilst having family commitments

**The mentoring relationship is a personal one.**

**This list offers suggestions only.**

**Mentees are free to discuss these or other topics (even simple ones) with their mentor.**

## Contacts

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ICER WIE Website: <http://icer-regulators.net/women-in-energy/about-women-in-energy/>  
(where About WIE initiative information can be found, WIE Stories and WIE Webinars)

ICER E-mentoring Website: <http://icer-regulators.net/women-in-energy/e-mentoring-program/>  
(where videos, journal and other resources can be found).

ICER Women in Energy **LinkedIn** group: <https://www.linkedin.com/groups/5117692>

**Twitter**@IcerWomen