

FEMALE RIVALRY

ZOOM Discussion and Q&A, September 18th, 2021, 16:30 – 17:30CET

with Frank CUMMINS, Executive Coach & Dr. Amber TICHENOR, CEO/Founder - To Be Coaching + Consulting

Soroptimist International of Europe is bringing back Leadership & Executive Coach, Frank Cummins with a special guest, Dr Amber Tichenor to talk about Female Rivalry. Dr. Amber Tichenor, PhD, an expert and author of the book "Behind Frenemy Lines", a guide to helping women face and overcome female rivalry, will sit down with Frank in the Zoom room to unpack this uncomfortable topic, look at women's empowerment and how to get women to lift each other up and support one another.

Join SIE President Anna's end of Biennium celebration event, Saturday 18th September 2021, 16.30CET, to hear from two renowned specialists in coaching and leadership! And why not take some key tools and messages with you to uplift, empower and support womankind?



Frank CUMMINS, Executive Coach

Frank is an accomplished leadership & executive coach specializing in working with executives in a variety of industries. His primary focus is to assist his clients in their career development by helping them become aware of and

further develop those skills and behaviors that will make them better leaders. In recent years, most of his executive clients have been women. Throughout his career, Frank has been an advocate and ally for women. In his first professional position, he was an equal rights investigator in the workplace. Many of his cases involved women.

From there, he joined an international Fortune 500 government manufacturing contractor, where he developed affirmative action plans and advocated for employment opportunities for women and other under-represented groups throughout the United States. During his tenure, he progressed in his career becoming the human resources leader for their corporate complex headquartered in the United States.

After his 13 years in manufacturing, Frank spent the next 25 years at the senior executive level in large healthcare systems. Over 80% of the employees in these organizations were women. In his numerous roles, he continued to advocate and be an ally for women leaders. In fact, his successes in several instances helped women leaders move into roles with more responsibility, where no women had previously been represented.

Frank now concentrates on his leadership and executive coaching practice working with leaders and executives in a variety of industries in the United States and Canada. Today, as throughout his coaching career, the mission of his practice is to help leaders achieve positive, long term, sustainable and measurable change in skills and behaviors that will make them better leaders now and in the future.

Frank holds a bachelor's degree in Urban Affairs from the University of Cincinnati, a Master of Business Administration from Xavier University, and a certification in executive coaching from the Hudson Institute of Coaching.



Dr. Amber Tichenor,

CEO/Founder - To Be Coaching + Consulting

Amber Tichenor is the founder of "To Be, Coaching + Consulting" and has a PhD in Industrial & Organizational Psychology, with 20+ years experience as an Organizational Strategy Change Management consultant.

Amber coaches high-performing business women on embracing their personal change curve. Her clients experience results in balancing work/ life as well as the ability to embrace their boundaries to live in an authentic way, to access their path, uncover their passion, determine their purpose and strategize a plan.

Amber's other key focus is that of rivalry between women within a working environment. She has studied extensively this issue and wrote her dissertation thesis about it. She speaks and coaches on this topic – what it means, the importance of the phenomenon, the challenges, behaviors, coping and recovery steps. Her goal is to empower women to leave the rivalry behind; to team up with a community of women who work together to lift each other up and support one another.