



Workshop: Erfahrungen und Erwartungen als Zonta Awardee



ZONTA
INTERNATIONAL
DISTRICT 28

Building a better World for Women and Girls

Welcome to District Conference 2023

Chur Switzerland

8 - 10 September



Henriette Wien

8. September 2023

Einleitung –About me

YMP-Awardee im Jahr 2018 des
Zonta Clubs Landau-Südpfalz

- Masterstudentin
Wirtschaftsinformatik, IT
Inhouse Consultant bei
Hornbach





ZONTA
INTERNATIONAL

Wie bin ich auf
Zonta aufmerksam
geworden?

- Schuldirektorin als Zonta Club-Mitglied
- Empfehlung der Bewerbung für YWPA

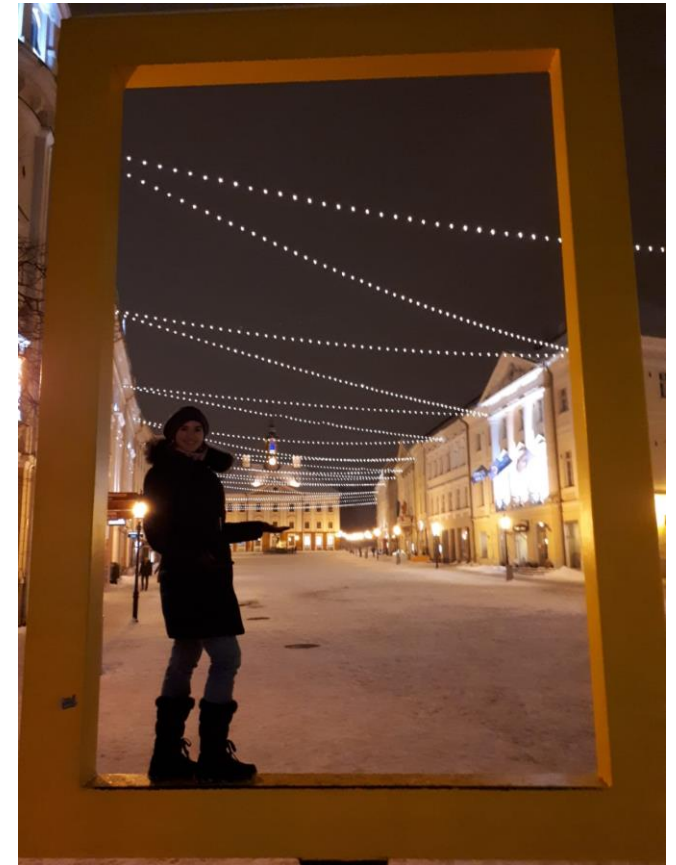


Wofür wurde ich
ausgezeichnet?

Henriette Wien und die Präsidentin Wera
Veith-Joncic bei der Preisverleihung im März
2018

Alumnae-Seminar „Great Girls meet Great Women“ April 2018 in Frankfurt





8th European Interdistrict ZONTA Seminar 8 – 10. Februar 2019 in Tartu, Estland



Zonta Awardees Connected-Network



ZAC

Zonta Awardees Connected

An international network within Zonta connecting all awardees

We are the link between awardees
Amelia Earhart
Jane M. Klausman
Young Women in Public Affairs
Women in Technology
and Zonta



Design © Nicola Bol

ZAC

Zonta Awardees Connected

Why ZAC?

We want to strengthen the relationship among awardees as well as between awardees and Zontians, and foster the connection and identification of the awardees with Zonta.

How does ZAC work?

ZAC already exists as a LinkedIn group, a Slack group and a mailing list.

- regular (digital) meetings
- exchange our ideas

What we do:

- Invite interested Zontians to share their perspectives
- Organize keynote speeches
- Meet up at Zonta conferences

Commitments

None. You are free to participate in ZAC when and how you want. ZAC's official language is English.



Design © Nicola Bol

ZAC

Zonta Awardees Connected

Benefits of ZAC

- Get to know impressive young women from all over the world
- Exchange ideas and receive support for your career (for example, gain access to contacts for internships)
- A better connection to Zonta and thus to an even greater network of inspiring women
- Have the opportunity to share interesting events, books, etc.
- Have the opportunity to engage in discussions about current topics

How can I join?

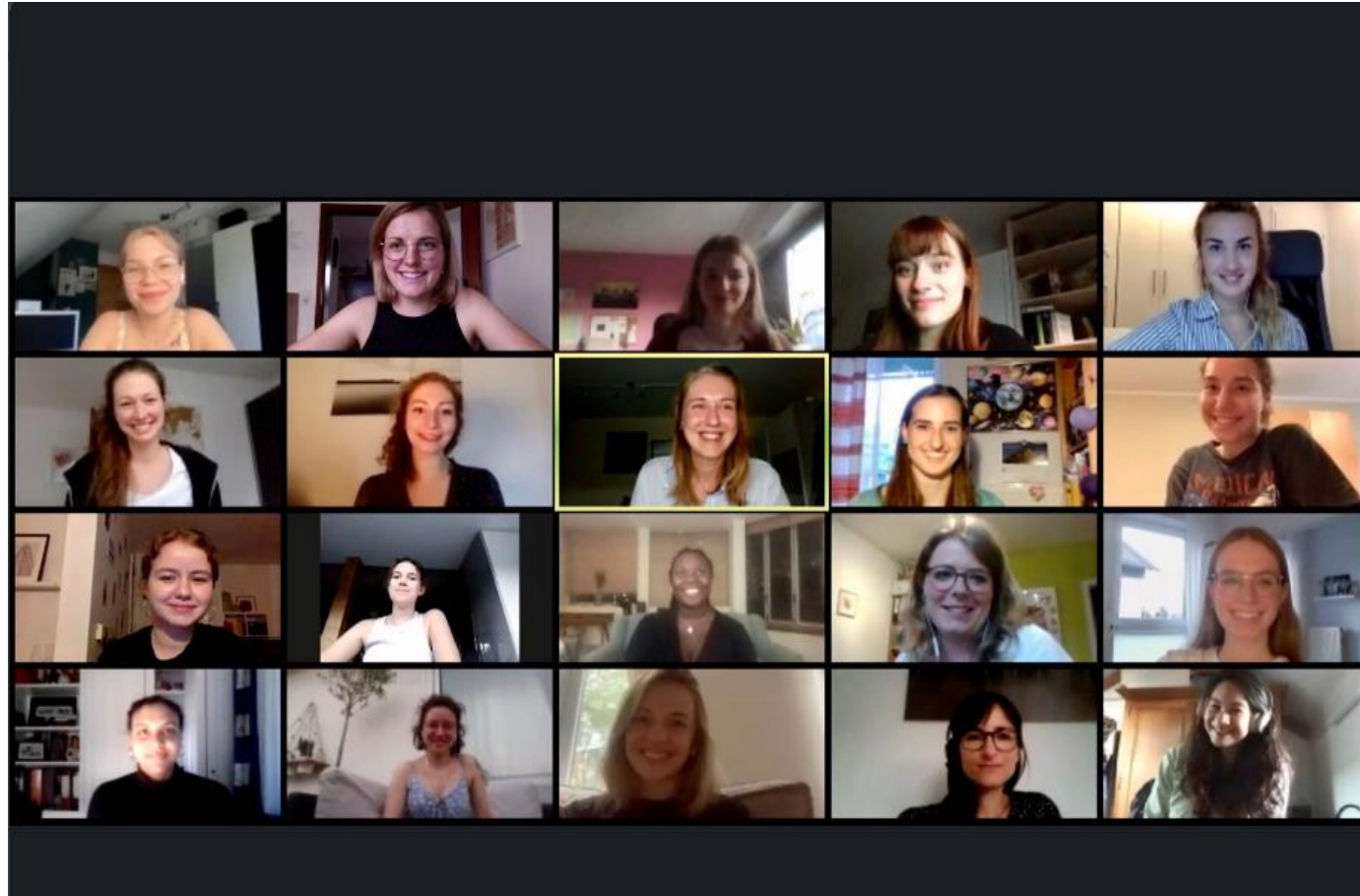
Simply email:
zacommittee@gmail.com

We look forward to hearing from you!



Design © Nicola Bol

Was verbinde ich mit Zonta?



Norina Poetter (She/Her) • 1.

Executive Assistant & Proud Member of #TeamMa...

★ Admin • 2 Jahre



Good evening everyone 🌸

Yesterday, our very first round table took place organized by [Nathalie Tuzolana](#), [Nica Bol](#) & @Nina Nisa Breuer - THANK YOU for making such a great event happening! 🌸 ✨

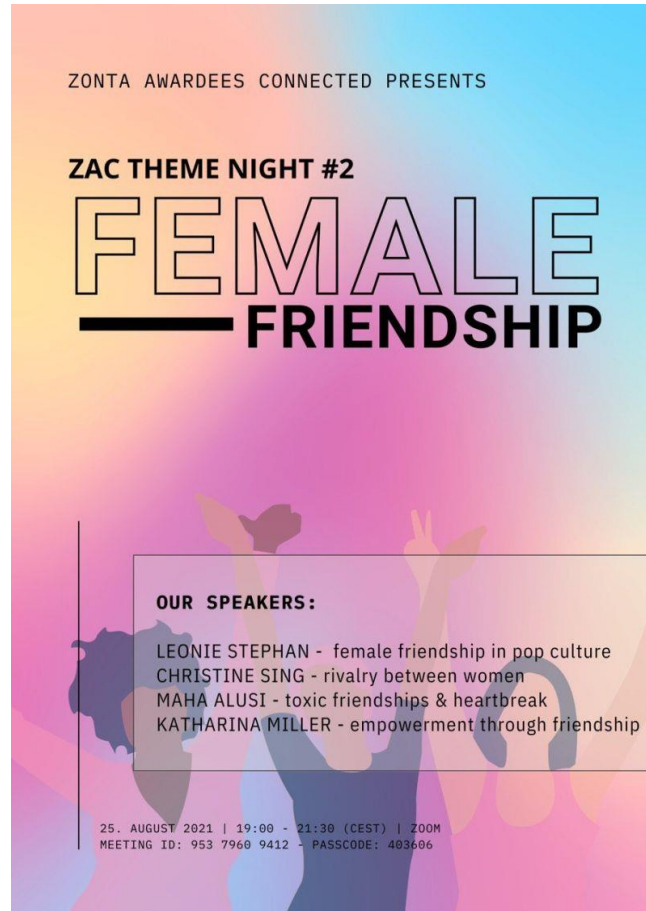
For about 2,5 hours, more than 20 ZAC members actively took part in very dynamic discussions related to the topic "Change My Mind - From Failure 2 Success". 🚀

We are so happy to see that our network is constantly growing with all of you! ❤️

& for everyone who couldn't join the discussion last night: stay tuned for our next event happening soon!



[#zac](#) [#womenempowerment](#) [#networking](#)



Female Friendship

#2 ZAC theme night

1. Women in pop culture (Leonie and Valerie)

- Look for an ally on your level
- Look for a mentor, maybe an older professional

2. Rivalry between women (Christine)

- Hardest attacks we get are coming from women
- For real equality we need more loyalty between women
- We can be big sexists too: Never put another woman down

3. Unconditional love (Maha)

- Never talk bad about another person
- Be committed, kind and respectful to each other
- key for only happy moments: unconditional love

4. Women empowerment/Afghanistan (Katharina)

- If you feel like something is important, do it. You can learn by doing
 - Reach out to Afghan women in Germany via local organisations
-

ZAC - RECIPE
THEME NIGHT NO.3

EMBRACE YOUR PERIOD

WHY MENSTRUATION IS
BEAUTIFUL AND OTHER
TRUTHS



"We still need to talk much more about the topic of menstruation: more openly, more freely and without any hesitation."

– Dr. Anna Sophie von Kopp-Colomb



"Most men may not menstruate, but knowledge can facilitate comfort, and comfort can facilitate open discussion, and openness can facilitate cultural positivity."

– Mindy J. Erchull (from Esther Kantorek's slide deck)



"The period itself shows something that we should be very proud of: it's the ability that we can become pregnant and carry out a baby. We should be proud of such power!"

– Dr. Anna Sophie von Kopp-Colomb



"If I would have not been a woman, it would have not been possible for me to deal with certain situations in my job: there is a really big benefit that there are more and more women in business and technology!"

– Enya Seguin



"Our period is our superpower to enter uncertain territories!"

– Tabea Zorn



"You feel your period and that makes you feel a woman"

– Enya Seguin

Appropriate...

I am Woman – Emmy Meli:

https://www.youtube.com/watch?v=_F3mLIP-yFs

Es könnte grad nicht schöner sein – BLOND:

<https://www.youtube.com/watch?v=h2xxc8pgU-U>



JENNIFER KENDZIORRA, NORINA POETTER, SELINA SCHROETER

ZAC ALUMNAE
PRESENT

FEMALE POWER



EMBRACE YOUR PERIOD

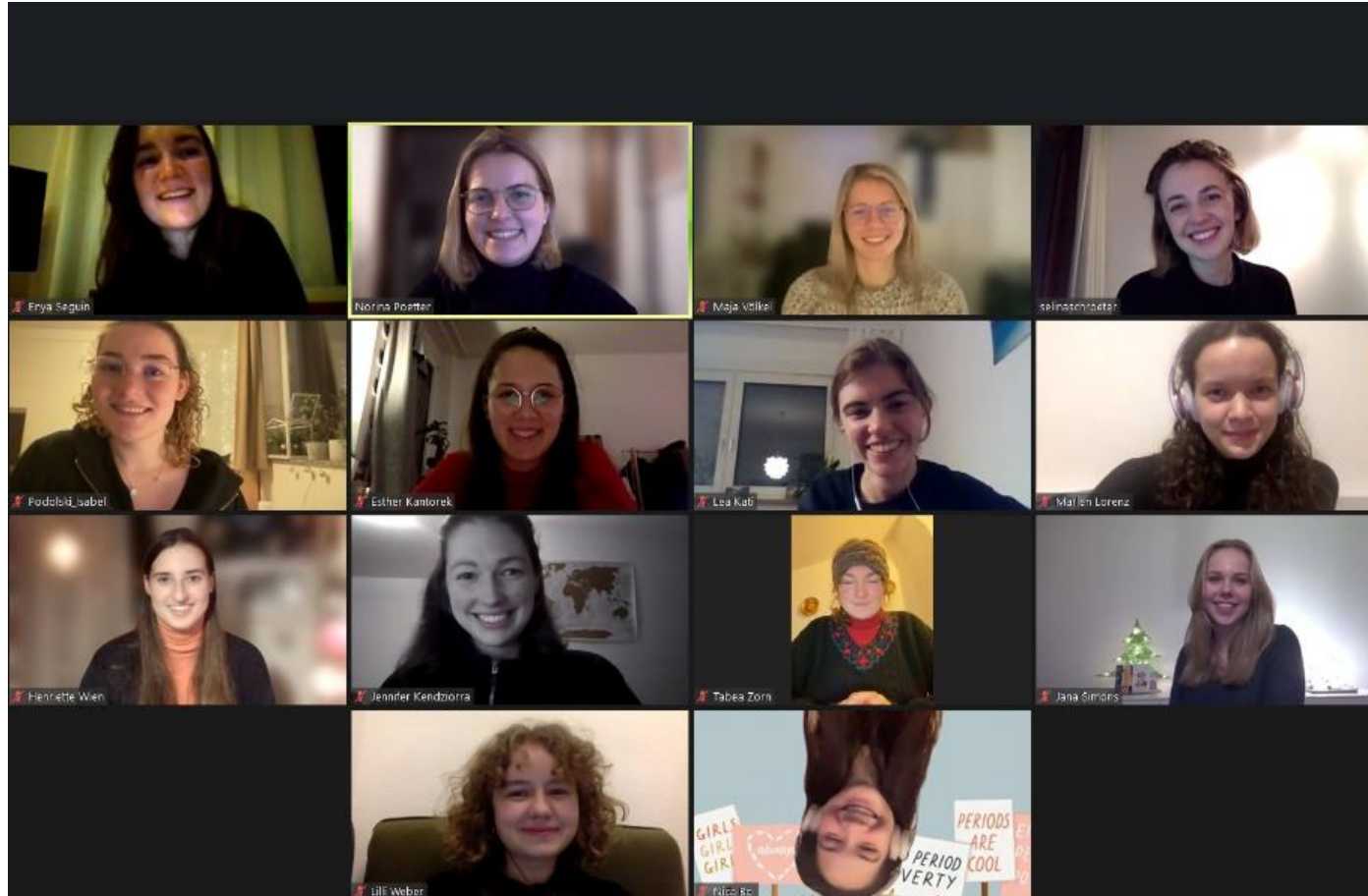
WHY MENSTRUATION
IS BEAUTIFUL AND
OTHER TRUTHS



December
15th, 2021
19:00 (CEST)



JENNIFER KENDZIORRA
NORINA POETTER
SELINA SCHROETER



Norina Poetter (She/Her) • 1.
Executive Assistant & Proud Member of #TeamMa...
★ Admin • 1 Jahr



Hi everyone,

This week we were hosting our 3rd Theme Night, this time about the topic [#embraceyourperiod](#). ✨
We were super happy that we've been such a great group of ZAC members and we hope that all of you enjoyed the evening.
Thanks again to [Enya](#), Esther and Anna Sophie who took the role of a speaker during the event.
All the best for everyone in 2022 and please enjoy Christmas! 🤍

Yours
Jenny, Selina and Norina

[Übersetzung anzeigen](#)



[Gefällt mir](#)

[Kommentar](#)

Buddy Scheme



Good evening everyone 🌻

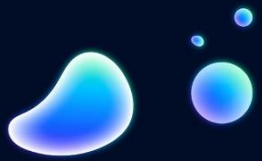
📌 SOON We've got some news for you: ZAC will be offering a buddy scheme shortly!

If you sign up - completely voluntary and free - you will be paired with another ZAC member and can use the connection in any way you like. 🤝 ✨

Use this link to sign up until 5 July 📅:

<https://lnkd.in/dHVqbZ7> ✓

#zonta #zac #networking #womensupportwomen



Zonta Awardees Connected presents

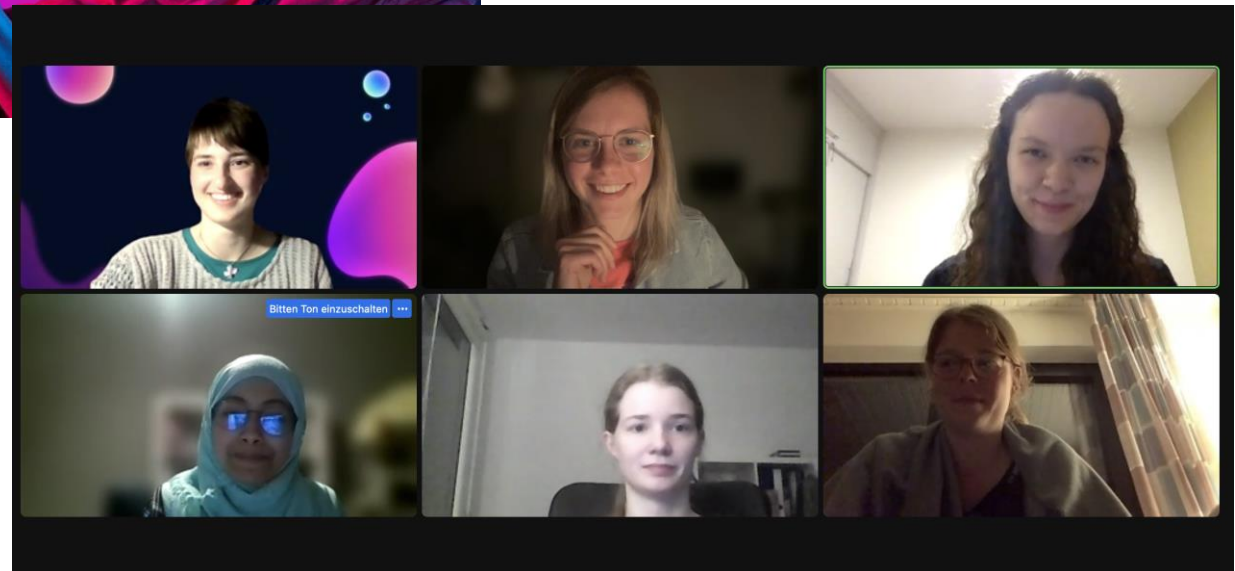
ZAC Theme Night #4

Women in Technology

13. April 2022 | 19.00 (CEST) | Zoom
Meeting-ID: 853 6398 7577
Code: 631998



Vanessa Sonntag
Elisa Röhl
Giovanna Jagger
Rebecca Zhu



Female Finance Sessions



Christin Zabel • 1.

Wirtschaftsprüferin | Steuerberaterin | M.Sc. @ ROTTHEGE

★ Admin • 11 Monate

Happening today!

Female Finance Session #1 - Start up!

As Maria is an investment consultant she will simulate a client meeting Christin. Christin will show you her current portfolio of different investments and explain why she chose them. Maria will critically question these decisions and different ideas. As we want to enable you to take charge of your own money we'd really like to get into a group discussion - taking in account your ideas and questions.

...

LEARNINGS FROM OUR MODEL PORTFOLIO

- Know what you own
- Know your income and (fixed) costs -> budgeting
- Have a plan
- Diversification
- Always know your «WHY»

9. European Interdistrict Zonta Seminar, Frankfurt am Main 29. April 2023



9. European Interdistrict Zonta Seminar – Frankfurt am Main 28 – 30 April 2023






„Women and Finance – between Challenges and Chances“

Dear Zontians, dear friends from all over Europe! Frankfurt am Main welcomes you!

After two unsuccessful attempts we are now happy to announce the start of the „9th European Interdistrict Zonta Seminar“ in April 2023!



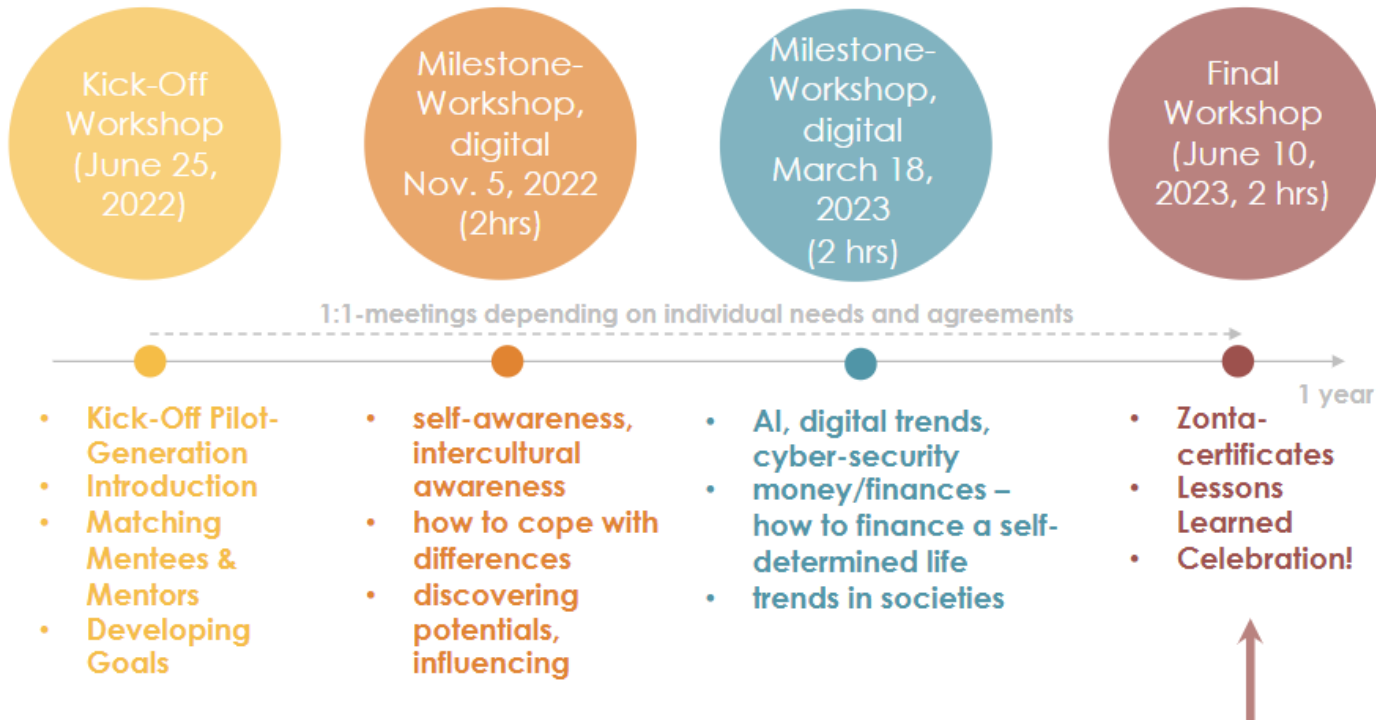
1. In consultation with our two supporting Zontians, ZAC has been redefined a little to reduce management workload to the minimum (see below). 

- Regarding 2., this means:
- ZAC is firstly a **mailing list** of Zonta awardees to which information about Zonta conferences will be sent irregularly whenever there is something to distribute, 
- ZAC is secondly a **LinkedIn group** where awardees can independently look for fellows with similar careers to ask about experiences, internships, connections etc. 
- There will be, for now, no online events organised by ZAC anymore due to very low turnout/low demand.
- Overall, ZAC's purpose is a) to give Zonta awardees the opportunity to connect independently, b) to make it easy to distribute invitations to conferences to all awardees, and c) to maintain a connection between Zonta and its awardees that could potentially evolve into a membership (young membership, young professional, local club, e-club, Golden Z). 

ZONTA INTERNATIONAL MENTORSHIP GREAT GIRLS MEET GREAT WOMEN

Cross-Mentoring connects Great Girls & Great Women

HOW?



Great Girls meet Great Women Your Project Team, Your Hosts ☺



Carola Schäfer
ZONTA Club Verden

Franziska Schult
Golden Z

Yukiko Elisabeth Kobayashi
ZONTA Club Hamburg

Sustainable Development Goals

Cross-Mentoring connects Great Girls & Great Women

We refer to the **SDGs** – particularly to:



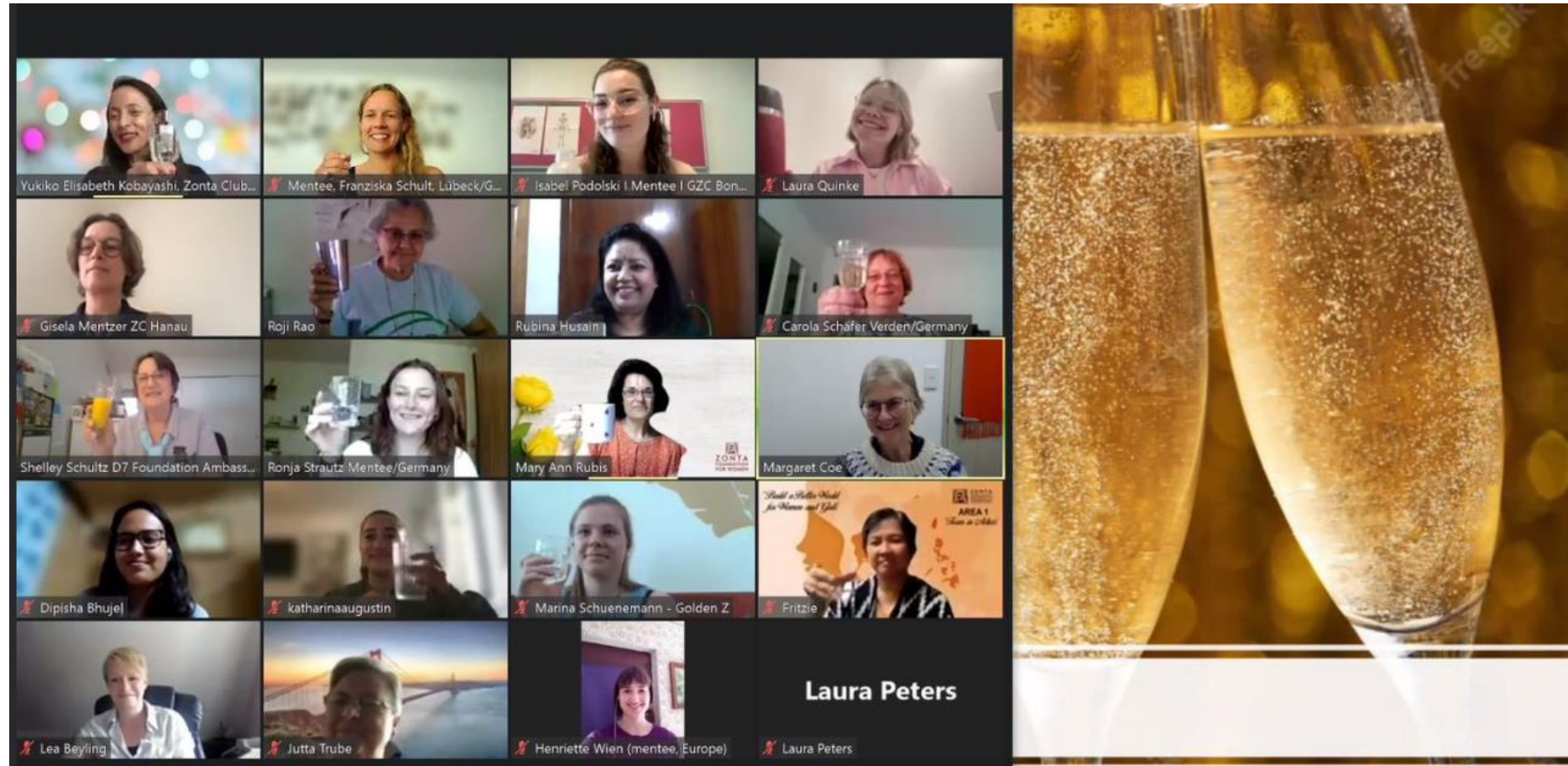
Cross-Mentoring Key-Topics

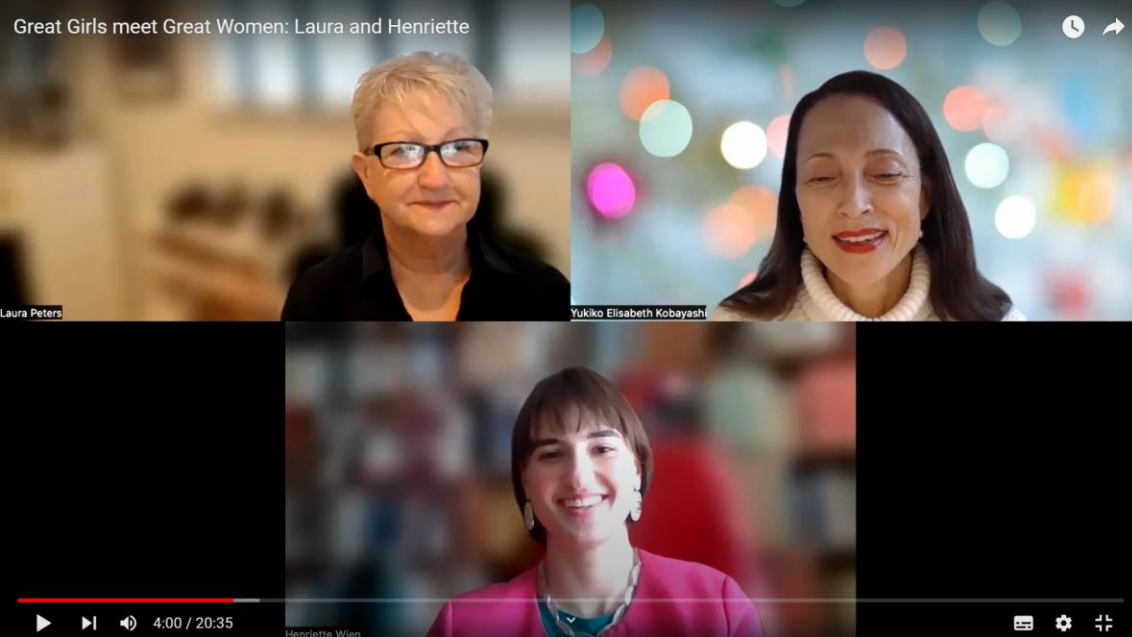
- private perspective: how to find your own, individual, coherent way
- reflecting female leadership in a male-dominant society
- strategies to appear more powerful, how to present yourself, how to talk about achievements
- how to be heard
- body language
- women and finances
- combining family and leading roles
- discussing thresholds, finding new perspectives
- how to lead an independent, self-determined life – sharing experiences

Key-Learnings and Successes

- we started with a list of challenges
- challenges while studying, how to overcome hurdles (building more self-confidence), a concrete example: her most challenging subject turned into a subject that she is now tutoring
- individual SWOT-analysis: turning challenges into strengths
- reflecting successes
- helpful to speak English on a regular base
- mutual inspiration
- mutual growth, encouragement
- beyond: the network is getting accessible, decreased barriers
- boomerang effect: things don't get lost, get out of the situation stronger, encouraging, strengthening, it's good to be a dreamer, stay realistic, everyone is open/this is really an open door – just use it!
- professional focus: shared success (content-wise, financial-wise), growing competencies, also: leadership-competencies
- personal focus: an inspiring role-model, learned a lot from my mentor, she encouraged me, you can do everything!, I gained more self-confidence, you can learn from both sides
- changes don't feel necessarily good in the very beginning
- encouraging change
- trying stuff! trying something new – being bold 😊
- my learning journey with my mentor led me from Stuttgart to Munich to Bangkok!!! – my focus lies on urban sustainability

Celebration of the First Generation of the Cross-Mentoring-Program 2022/2023





Mentoring with Laura Peters



Zonta Club of Newport Harbor, USA



Was gefällt mir an Zonta?

Vision

Build a better world for women and girls

Vielfältige Kontakte



**Internationales
Netzwerk**

**Verschiedene
Themen,
Konferenzen**

Was sind meine Erwartungen an Zonta?



			
Förderung durch den Award	Langfristige Kontakte zu Zonta	Kennenlernen des Netzwerks und der Organisation	Sich selbst engagieren, Mitgliedschaft ?

Wer ist die Zielgruppe der Awards? Wen muss Zonta ansprechen?



1

Women in STEM



2

**Young Women in
Public Affairs**



3

Amelia Earhart



4

**Jane M.
Klausmann
Women in
Business**

Stipendiendatenbanken

- Für Mädchen oder Frauen, die Zonta nicht kennen, das Angebot breiter bekannt machen
- [3.260 Stipendienprogramme - Deutschlands größte Stipendienplattform | myStipendium.de](https://myStipendium.de)
- [Stipendiendatenbanken. Zielgruppenspezifische Förderung für Studierende - | Deutscher Bildungsserver](https://www.deutscher-bildungsserver.de)
- [Stipendiendatenbank - DAAD - Deutscher Akademischer Austauschdienst](https://www.daad.de)



In Deutschland studieren & forschen	Im Ausland studieren, forschen & lehren	Infos & Services für Hochschulen	Der DAAD
<p>Auswahl verfeinern</p> <p>Stichwort oder Programmtitle</p> <input type="text"/>	176 Fördermöglichkeiten für Ihre Auswahl		
<p>Programme für</p> <p>-- keine Einschränkung --</p>	Studienstipendien - Masterstudium für alle wissenschaftlichen Fächer - DAAD		
<p>Land</p> <p>-- keine Einschränkung --</p>	Status: Graduierte	DAAD-Stipendien für Studierende mit einem ersten Hochschulabschluss, die ihre akademische Ausbildung in Deutschland mit einem weiterführenden Studium in Deutschland fortsetzen möchten...	
<p>Fachrichtung</p> <p>-- keine Einschränkung --</p>	Land: nur bestimmte	Fachrichtung: siehe Liste	
<p>Vorhaben</p> <p>-- keine Einschränkung --</p>	Forschungsstipendien - Kurzstipendien - DAAD		
<input type="checkbox"/> Nur Förderangebote des DAAD	Status: Graduierte, Doktoranden, Promovierte	DAAD-Stipendien für Promovierende und Nachwuchswissenschaftlerinnen und Nachwuchswissenschaftler, die in Deutschland bis zu 6 Monate forschen und sich weiterbilden möchten...	
	Land: nur bestimmte	Fachrichtung: siehe Liste	
	Forschungsstipendien - Jahresstipendien für Doktorandinnen und Doktoranden - DAAD		
	Status: Graduierte, Doktoranden	DAAD-Stipendien für Doktoranden und Nachwuchswissenschaftler, die in Deutschland forschen und sich weiterbilden möchten...	

Stipendiendatenbanken

Zonta International Foundation
Amelia Earhart Fellowship (Nur für Frauen)

According to Women in Aerospace, in 2010, roughly 10 percent of the aerospace industry was made up of women. While the number has slowly increased, there must be reinforcements behind each step for...

→

Zonta International Foundation
Jane M. Klausman Women in Business Scholarships

Zonta International lädt Sie dazu ein, sich für die Women in Business Scholarships zu bewerben. Die Auszeichnungen werden jährlich – und einmalig – auf Club-, District- und internationaler Ebene an...

→

Zonta International Foundation
Young Women in Public Affairs Award

Though about 40% of the world's workforce is women, according to data from the Inter-Parliamentary Union, only 25.7% of all national parliamentarians were female as of 1 September 2021. Because Zon...

→

Zonta International
Stipendium für Frauen in der Technologie

Die Weltwirtschaft nutzt die digitale Revolution und baut darauf auf, und die Industrie wird immer stärker von der Informationstechnologie abhängig. Darüber hinaus verändern diese Entwicklungen zun...

→

- [Stipendien-Datenbank von e-fellows.net - e-fellows.net](https://www.e-fellows.net)

Wer ist die Zielgruppe der Awards? Wen muss Zonta ansprechen?



1

Women in STEM

Universitäten,
Fachhochschulen,
Forschungseinrichtung
en, Social Media,
Unternehmen



2

Young Women in Public Affairs

Schule, Social Media
Jugendparlamenten,
Bibliotheken, Städte
und Gemeinden



3

Amelia Earhart

Universitäten,
Forschungseinrichtung
en, Social Media,
Unternehmen



4

Jane M. Klausmann Women in Business

Universitäten,
Forschungseinrichtung
en, Social Media,
Unternehmen

Was könnte Zonta besser machen?

Fragestellungen der Awardees

Karriereplanung, Work-Life-Balance, Engagement, Finanzen, Technologie



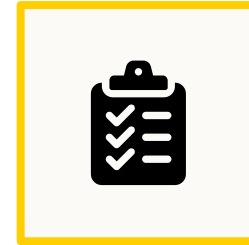
Wissen der Awardees nutzen

Gemeinsam neue Impulse setzen



Feste Ansprechpartnerin

Auf District und Club-Ebene, regelmäßige Check-ins



Zonta Awardees Network besser bewerben



Awardees einladen zu Konferenzen

finanzielle Situation von jungen Frauen beachten



Stimmen von Awardees

Videsequenzen auf Webseite, Social Media

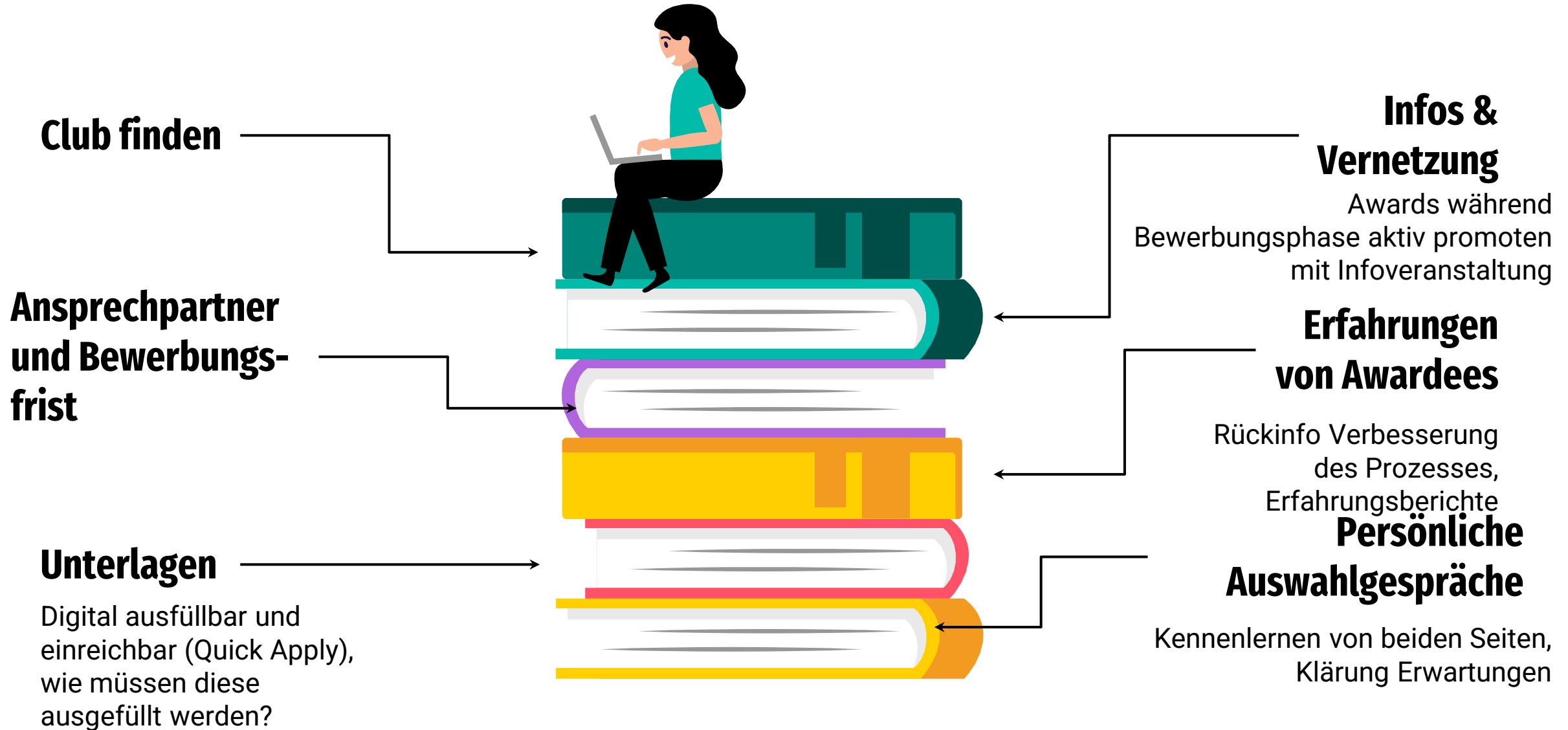
- private perspective: how to find your own, individual, coherent way
- reflecting female leadership in a male-dominant society
- strategies to appear more powerful, how to present yourself, how to talk about achievements
- how to be heard
- body language
- women and finances
- combining family and leading roles
- discussing thresholds, finding new perspectives
- how to lead an independent, self-determined life – sharing experiences

Powerful Business Women

Achieving success at work VS managing private life



Wie kann der Bewerbungsprozess verbessert werden?



Was soll mit den Bewerberinnen passieren, die keinen Award gewinnen?

- Mentoring-Programm
- Dennoch an Zonta binden?



Diskussion in kleinen Gruppen (15 Minuten)

- Wie können die Awards bekannter gemacht werden?
- Wie kann der Bewerbungsprozess und Erstkontakt für die Bewerberinnen verbessert werden?
- Welche Programme will man langfristig anbieten, um Mädchen und junge Frauen langfristig an Zonta zu binden, nachdem Awards vergeben wurden und das Netzwerk zu nutzen?
- Was soll mit den Bewerberinnen geschehen, die keinen Award gewinnen?



Diskussion im Plenum (15 Minuten)



ZONTA
INTERNATIONAL

Fragen?



ZONTA INTERNATIONAL DISTRICT 28

Building a better World for Women and Girls

Welcome to District Conference 2023

Chur Switzerland

8 - 10 September

Vielen Dank für die
Aufmerksamkeit

Henriette Wien

8. September 2023

