

She's competent, respected, and always shows up.

- ▶ Delivers results without fanfare
- ▶ Holds teams together in high-pressure moments



But strength doesn't mean she's not stretched thin.

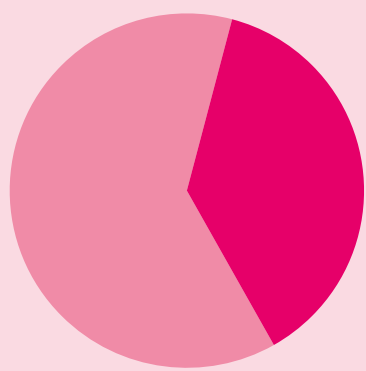


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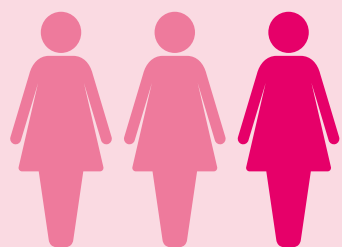
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Women in leadership are often praised, but rarely supported. ○



43%

of women leaders report burnout (McKinsey, 2023)



1 in 3 feel their contributions are overlooked

High performance often hides the silent strain.



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They carry what most don't see. ○

- ▶ **Emotional labour:** team morale, conflict resolution.
- ▶ **Unpaid extras:** mentoring, culture-building work.

This “invisible work” adds up—and wears down



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And yet, they rarely ask for help. ○

- ▶ Fear of seeming “**weak**” or “**unfit to lead**”.
- ▶ Pressure **to prove worth**, over and over again.

The result? Quiet exhaustion behind a confident smile.



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What if leadership didn't have to feel lonely? ○

- ▶ What if support wasn't reactive, but **intentional**?
- ▶ What if growth included **space to breathe**?

That's the vision behind **SHE Soars.**

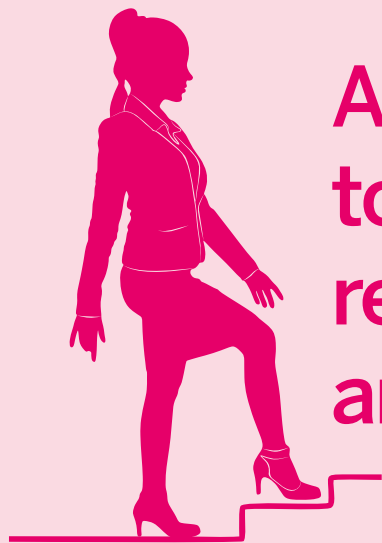


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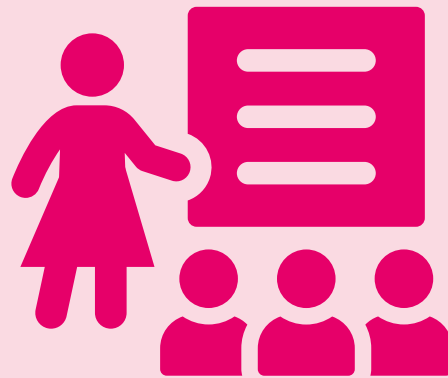
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SHE Soars is a leadership program designed for women like her.



A space to reflect, realign, and rise



Coaching, community, and clarity at its core

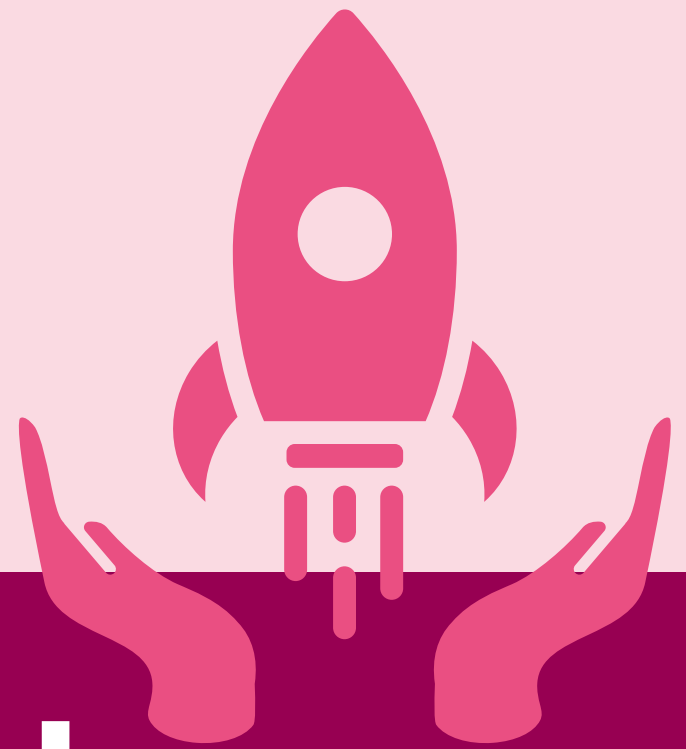
Because support is not a luxury—it's a leadership strategy.



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Our first cohort launches tomorrow, Thursday, 10th July.

Limited spaces available.

Built for mid to senior-level
professional women.



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About Me

I am Pauline Kathure Kiraithe

My mission is to help professionals unearth their genius, maximise their potential, navigate career transitions, and break through from stagnation.



If you found this valuable, please share it with someone else, and let's rise together.

**Founder/CEO Talentgurus@254.
29 years experience developing talent.
Executive Leadership/Life/
Career Coach - ICF ACC.
Imposter Syndrome/ Genos EQ Practitioner
Over 6,500 individuals coached.
Author - Owning Your Career.**



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