

# CAROLINE FLANAGAN

Speaker | Coach | Author | Imposter

Marketing Pack

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## HEADSHOT AND PORTRAIT



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## LOGOS

**CAROLINE FLANAGAN**

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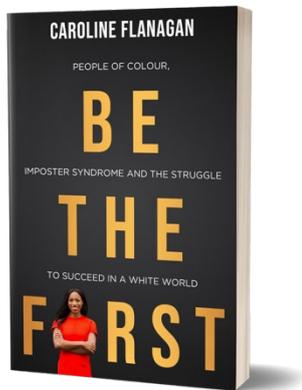
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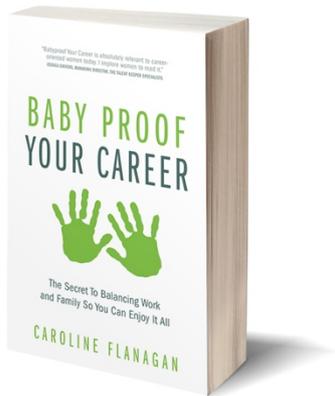
**CAROLINE  
FLANAGAN**

## BOOK IMAGES

Be The First - 2021



Babyproof Your Career - 2015



## SHORT BIO

**Caroline Flanagan** is an inspirational keynote speaker, transformational coach, two times author and creator of the Imposter Speech™. Caroline is the host of the Caroline Flanagan Podcast for high achievers, and the Be The First Podcast which showcases inspirational role models of colour. She is also the proud mother of 4 boys.

Caroline is a magic circle trained ex-City lawyer who now works with international law firms, banks and other global organisations to increase the number of women and people of colour in leadership. Caroline's mission is to empower minority individuals to defy the odds, triumph over adversity and win battles you think you cannot win.

She is a recognised expert on Imposter Syndrome and work life balance for high achievers.

## FULL BIO

**Caroline Flanagan** is an inspirational keynote speaker, transformational coach, two times author and creator of the Imposter Speech™. Caroline is the host of the Caroline Flanagan Podcast for high achievers, and the Be The First Podcast which showcases inspirational role models of colour. She is also the proud mother of 4 boys.

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### Keynote Speaker

Caroline is an inspirational keynote speaker who draws on personal stories and client case studies to engage, empower and inspire her audience. She delivers presentations and workshops to national and global organisations, international conferences and networks on two core topics and their related themes: Balancing work and family and Imposter Syndrome.

Caroline has had the pleasure of working with some of the most recognised law firms and organisations in the world, included White & Case, Mayer Brown, Latham & Watkins, Kirkland and Ellis and Weil, Gotshal and Manges; and Morgan Stanley, Google, Accenture and Shell.

### Coach

Caroline gained her Coaching certification in 2006 and has coached clients on a range of career and life challenges including maternity, career progression and confidence. She has worked with clients individually, or on behalf of their employers, from all over the world, including America, France, Germany, Sweden, Italy, India, Nigeria, Zimbabwe, Australia and the UK.

### Author

Caroline is the author of *Baby Proof Your Career: The Secret to Balancing Work and Family So You Can Enjoy It All*. Her second book, *Be The First: People of Colour, Imposter Syndrome and the Struggle to Succeed in a White World*, is published in February 2021.

### Press

Caroline has appeared in Grazia Magazine, Huffington Post Lifestyle, Mother & Baby Magazine, Legal Cheek and Marie Claire. She was the 2016 ambassador for the Marie Claire #breakfree campaign inspiring working mothers to break free from mother guilt.

### Background

After reading History at Cambridge University. Caroline attended the College of Law, London and gained her Postgraduate Diploma in Legal Practice in 1997. She spent eight years

working in the City of London as an international finance lawyer at two of the world's largest global law firms, Allen & Overy, LLP and Cleary Gottlieb Steen & Hamilton, LLP, before qualifying as a certified Coach in 2006. Caroline founded her own coaching and speaking business in 2008. She is now CEO of C Flanagan Ltd.

## COACHING PHILOSOPHY

Caroline Flanagan is a transformational coach who combines a commitment to achieving agreed coaching objectives with a passion for transforming the individual into the next version of themselves. This approach mixes focused practical work and deep self-exploration.

Caroline believes that our individual challenges are opportunities designed to help us evolve and grow in the areas we need it most. Life is an arena. The conditions are never perfect, and there are setbacks, challenges and opportunities around every corner. Every time we rise to a challenge, we are another step closer to reaching our potential.

The most common issue clients present with is a feeling of powerlessness and having no control over their circumstances. This is the experience of the new mother returning to work in her high-pressured law firm after maternity leave and being expected to work every weekend; it's the Asian male partnership candidate who has been told he is just not the right fit; and it's the Black female barrister who is mistaken for a defendant. We each have our battles. The temptation is to use this as an excuse to play small or a reason to give up.

Caroline's coaching empowers you to step up to challenges and stay the distance so you achieve your goals. You'll stop feeling powerless because you're waiting for the circumstances around you to change. You'll realise your ability to overcome the odds, create better results for yourself and take ownership of where your life and career take you next.

## CONNECT

Connect with Caroline

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