

KATHRYN SOLLMANN

Kids
Aging Parents
Home
Career

THE
4
JOBS
CLUB

How Smart Women Care for It All:
Kids, Aging Parents, Home and Career

OVER 200 TIPS FROM 50 C-SUITE WOMEN

MANY WORKING WOMEN DO NOT HAVE ONE JOB—they have up to four. A paid job—plus caring for children, aging parents and households. Handling myriad tasks for four simultaneous jobs drains time and energy, historically pushing at least one-third of women out of the workforce each year.

Women who leave stay out an average of 12 years—giving up four times their salaries each year, stalling career progression, minimizing savings and jeopardizing their ability to fund life’s “you never knows”.

Women who stay in struggle to do any one of their four jobs well—often in corporations that have leadership programs aimed only at getting more women to the top. These programs are the cart before the horse: before women can even reach for top jobs, they need to find easier ways to comfortably blend work and life.

In ***The 4 Jobs Club: How Smart Women Care for It All*** 50 C-Suite women provide more than 200 straightforward tips and strategies for blending work and life with good humor, sanity and grace.

ABOUT THE AUTHOR

As a career coach and author of two books, **Kathryn Sollmann** helps smart, capable, well-educated women integrate work and life through many ages and stages. Her mission is to *keep women working* toward financial security in a flexible way—alongside caregiving roles.

A mother of two adult daughters, Kathryn has worked non-stop since age 16 in many flexible ways. Throughout her career she has negotiated flexible full-time and part-time schedules with demanding employers, launched several entrepreneurial ventures solo and with partners, established independent marketing communications and career coaching practices, worked in a home office as a telecommuter and generated a wide range of freelance projects—while managing a household, carpooling, attending school plays, tending to sudden health issues of aging parents, taking dogs to the vet and making yet another dinner.

4 JOBS CLUB EVENTS

All programs are customized to your group. Many companies and organizations opt for a Fireside Chat. These are examples of the questions asked:

“Your book compiles work and life tips from very successful women in the C-Suite. Not all of us have reached that level of career or financial success yet...so why are the tips in your book relevant to and achievable for all women...as well as men?”

“Men are much more involved in the care of children and running of households than their fathers ever were. Why then do so many women still feel so overwhelmed by the 4 Jobs?”

“You talk about 4 Jobs that most women shoulder over the course of their lives—often all 4 at the same time. We’re talking about the big jobs—your career, and caring for kids, aging parents and busy households. How did finding more ways to manage those 4 jobs actually help the women in your book strengthen their self-care and relationships with partners and other important people in their lives?”

“How did more transparency and speaking openly about the responsibilities of the 4 Jobs help women in your book advance in their careers and reach their personal goals?”

“Successful people are often hard-driving Type A personalities who expect perfection in all aspects of their lives. Did the C-Suite women in your book insist on operating at 100% at work and at home?”

“Women—especially mothers—tend to wrestle with some level of guilt that they are not doing everything they possibly can for their families. For those who do not have children, the guilt can be about meeting the needs of aging parents. How did the women in your book find peace with all their roles and see how working ultimately benefitted their families in many ways beyond the obvious paycheck?”

“In your book, you emphasize that you’re a big advocate for women always working. Some women think that when your children are a certain age, it’s better to be home. In your book you say there’s no perfect time to work. Most of the women in your book worked through all life stages—how did they accommodate demands that ebbed and flowed for the care of children and aging parents?”

“Life has many twists and turns, which you call “life you never knows”. Sometimes in a difficult family or life situation the easiest solution may seem to be taking a career break—which can have many financial and professional costs. How did the women in your book find solutions that eased both work and life in challenging times...and manage to keep working?”

“With 4 demanding jobs, women often are hesitant to take on even more—with a bigger title and a more responsibility. How do the senior-level women in your book counsel women on their team in these situations? Is it “imposter syndrome” or something entirely different?”

“Your first book was based on the idea that all women, especially, should feel free to create their own definitions of ambition and success. *The 4 Jobs Club* highlights women who reached the traditional definition of success—at the top of the career ladder. Do you feel that these

women—and other women in leadership—understand and embrace that not all women want to be in the C-Suite? Are these senior-level women helping other women be valued contributors at any level?”

SPEAKER FEE FOR EVENTS

For a limited time, there is no speaking or facilitation fee for customized virtual 2025 or 2026 events. The only cost is the advance purchase of at least 50 books.

In-person events have a higher minimum purchase (approximately 100 depending on distance from New York Metro area) and additional travel coverage.

COST OF BOOKS

Bulk hardcover and eBook purchases are available at a 30 to 55% discount off the cover price of \$24.99.

50-99	30% discount	\$17.49 each
100-499	40% discount	\$14.99
500-999	45% discount	\$13.74
1,000+	55% discount	\$11.25

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