



EMPOWERING WOMEN TO THRIVE

A **Work**

"A fantastic refresher with the bonus of new ideas. I look forward to championing all the things I have learnt."

Wendi Williams, HR Manager,
A W Edwards

Finally, a powerful, interactive 12 stage Program to Empower Women to Thrive at Work – at any level!

Written for women by a woman, this insightful and practical Program is aimed specifically at women who want to grow in confidence, develop in key skills and thrive in their role at work! Delivered by experienced women's coaches who train, speak and consult for Organisations internationally.

→ *"What an amazing Program. It has truly been life changing. I hope all women have the same opportunity to be a part of something so incredible."*

Keirra Rushford, Director, Certifying Solutions

Program Content and Outcomes

This popular Program is for all women in Organisations who want to;

- Learn how to **communicate confidently** and assertively
- Develop skills to have '**Courageous Conversations**' with difficult people
- **Grow in confidence**, professionally and personally
- Learn how to be **emotionally intelligent** in any setting
- **Master the art of resolving conflict** and negotiating well
- Know how to **lead others with impact**
- Learn how to create and **lead a high performance team**
- Learn how to deliver **powerful presentations**
- **Manage stress** well and build resilience at work
- **Focus on self-care** and work-life balance
- Set goals to **create the career you dream about**

TO FIND OUT MORE CONTACT US ON
info@carynwalsh.com.au OR www.carynwalsh.com.au



How the Program is run

- There are 12 topics (outlined below)
- Each topic consists of 1 or 2-day face to face sessions
- Topics can be customised in length to suit different time frames
- Pick and choose topics as required
- We run monthly webinars to support topics you choose

This Program can be modified to suit all team members, not just women

→ *"We recently ran a unique 7 stage 'Empowering Women to Thrive in the Construction Industry Program' for 20 women – the first of its kind in our Industry. The results were fantastic and we believe this group of women will spearhead more women in Construction in the future onto this Program, with the same great outcomes."*

Brian Seidler, Executive Director, Master Builders Association of NSW

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Who is Caryn Walsh?



- An experienced leadership development specialist, key note speaker and women's coach. Caryn has worked with thousands of leaders and women internationally over a 25 year career, in all settings – in business, leadership roles and in their personal lives.
- She trains and facilitates leadership and women's development programs on various Continents around the world, and is the recipient of 5 international and national awards, including coach of the 2016 Australian CEO of the Year.
- As Champion and Cheerleader of all women, she actively advocates for gender equality and fair representation of women in all settings.

Empowering Women to Thrive at Work

Grow key skills in each of the 12 topics to help you become more confident and empowered in your role.

The 12 topics are

- 1 Leading with Impact
- 2 Top Teams – Creating High Performance
- 3 Personal and Professional Empowerment
- 4 You, the Emotionally Intelligent Woman
- 5 Communicating Assertively and with Confidence
- 6 Having Courageous Conversations to Deal with Difficult People
- 7 Increasing your Resilience in a Working Environment
- 8 Stand and deliver! Powerful Presentations
- 9 Negotiating Effectively
- 10 Conflict Resolution in the Workplace
- 11 Stress, Self-Care and Work-life Balance as a Woman
- 12 Goal-setting for Women

To find out more about this empowering Program used in many Organisations contact us on info@carynwalsh.com.au or www.carynwalsh.com.au

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At **Work**

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