



EMPOWERING WOMEN IN THE WORKPLACE

Our Empowering Women in the Workplace workshop is designed to help women increase both their self-assurance and their effectiveness within their role.

Through statistical research, the difference in confidence levels between men and women in the workplace has through statistical research, been shown to be significant. It's something that often impacts a woman's ability to access promotions, appropriate pay levels, as well as other opportunities.

The workshop will be of particular interest to women returning to work and/or taking on new roles. It is also for those wanting to develop their self-confidence within the workplace and those mentoring and supporting other women at work.

By the end of the workshop, participants will understand the factors that lead to potential disempowerment and have a toolbox of strategies to increase their confidence and self-belief.

The Workshop:

- Provides each attendee with a proven set of techniques that can be put into practice immediately
- Highlights factors that promote self-esteem and confidence, (including gender related specifics where appropriate), and provides guidance on how to incorporate these into their work patterns
- Presents a range of information and theories on gender, teams, and life stages, and analyses the impact these have on the confidence of women in the workplace
- Presents valuable techniques and approaches discovered through evidence-based research that have been proven to work, such as Cognitive Behavioural Therapy, and Acceptance and Commitment Theory
- Details ways to mitigate workplace pressures to create resilience and self-esteem

For details of workshop dates and how to book, please email us at:
info@m2gc.co.uk