



# WOMEN FINDING THEIR POWER

**Would you like to become more assertive and speak your own truth?**

**This workshop will help you to find your power and approach life more authentically.**

As women, we often feel we have to adapt and modify our words and how we present ourselves in the workplace in order to feel supportive and supported by others.

We continuously advocate for others but struggle to have that same compassion for ourselves.

## **THIS 2-HOUR EMPOWERMENT WORKSHOP WILL GIVE YOU:**

- ✓ A supportive environment to build-confidence and explore your authenticity surrounded by like-minded women
- ✓ An opportunity to reflect on the language and connotations attributed to women in the workplace
- ✓ Focused time to reflect on your whole self, your potential and to take back control
- ✓ Improved self-esteem and empowerment in the workplace
- ✓ The support of a like-minded network of women

## **WHAT PREVIOUS PARTICIPANTS HAVE SAID**

*'It has significantly changed the way I think about things now'*

*'I feel empowered, confident and authoritative, like I've found my voice. Working with you has made this possible'*

**To book your place, please contact [projects@ltdblend.com](mailto:projects@ltdblend.com)**