Overview: A transformative female leadership and identity-building program created to support women with emotional agility, resilience and leadership skills needed to not just navigate adversity but thrive and grow through it. The program builds personal and social capability, and adaptive problem-solving with interactive group discussions and real-world applications to develop the emotional intelligence and leadership mindset needed to amplify their voices, strengthen their well-being, and excel in both personal and professional pursuits. Through exploration of self-worth, boundaries, relationships, and future planning, participants emerge more empowered, focused, and connected.

It's fully mapped to IEA, Workforce Australia, and TTW outcomes, meaning it directly supports your KPIs. Best of all, it's a zero-lift delivery; we handle all facilitation, resources, and reporting.

Onsite delivery options	1 × 4-hour onsite group or 2 × 2-hour onsite group
Online delivery options	6 × 1-hour group online or 6 × 1-hour individual online
Allied health component	Delivered by ACA & PACFA approved counsellors
Onsite group referrals	Minimum 8 billed | Maximum 16 (16+ available with adjusted format/co-facilitation)
Cost per participant	Group: $690 + GST* Online group: $850 + GST Online Individual: $1500 + GST *Onsite group bundle offer: 2 workshops $1200 + GST
Post program commitment	Outcome summary, participation report and certificate

Part 1: Building Confidence & Self-Advocacy
Part 2: Leadership Development: A New Approach to Mindset

Learning Outcomes:

- Improved confidence, self-efficacy, and identity formation
- Understanding personality type of self and others, and emotional intelligence
- Stronger boundary-setting and interpersonal clarity
- Leadership development for the modern world

COMPLIMENTARY
Customised Interactive Therapy Resources
Interactive Workbook (Value $60)
Recommended Resources