



Women in trades workshop/webinar series - Quarterly Workshops

Anxiety

Anxiety effects so many people and it can feel overwhelming and isolating when it comes up.

In this workshop I will share my experience with anxiety and things I have learnt and put in place to help me manage and overcome it.

Having True Confidence

Confidence means something different to everyone and can look different at different stages of your career. True confidence is relying on yourself to be confident, not leaving it up to the outside world to show us if we should or deserve to be confident.

In this workshop I will share what has led me to be confident in the face of adversity so you can navigate situations with confidence.

Overcoming perfectionism

Often women feel like they hold the reputation of all women in their hands as they are quite often the only women in a team or on a site. This can lead to her putting a lot of pressure on herself.

Dismantling and overcoming perfectionism can lead to tradeswomen pushing herself in the direction that she wants without fear of letting anyone down.

Celebrating Success and Goal Setting

You are more successful than you think. We achieve little things each day that we don't notice. We will start this workshop sharing a success that we experienced in 2023.

We will then set goals for 2024 and make a plan so achieving those goals will be inevitable.

(typically run end of year or beginning of year)

Costs

Per Workshop

\$2500

4 Workshop Package

\$9000



+61439688610



louise@louiseazzopardi.com



Sydney, Australia

