



Louise
Azzopardi

Training and Development Solutions PTY LTD



Support your Success!!

8 session, 16-week, one on one coaching program
To support women to smash their goals and demolish their hurdles!



Where did this idea come from?

Ever wondered what it takes to be a women in the trades? Well Louise didn't really give herself a chance to think about it jumping headfirst into her trade at 15 years old! She had completed her trade by the time she was 19 with her fair of high and low moments ranging from taking out a Medallion of Excellence in the 2017 International WorldSkills competition to being involved in an ethics case that tore her spirit into shreds and took years of support and work to get back together!

After going through this journey her main goal was to help women have more of the high moments and less of the low moments! This led her into the training world where she thought she would get the chance to support more women. It did but Louise saw that there was a lot more she could do!

She wanted to be the support she had gotten that helped her throw for as many people as possible! This then lead her down the path to opening her own business life coaching women after seeing the effect that life coaching had on her confidence and mind set!



The Flyer!

Support your success!!

Are you ready to take your career to the next level and become a leader and an expert in your trade?

Are you facing some hurdles right now and would like some support to smash through them?

I have had some amazing experiences during my time as a tradie and I know that this is only the beginning for me and the beginning for you!

There are heaps of moving parts within an engine that make it work, to give us the power to travel, to create and to get stuff done! The road to success is similar, there are many ways to get to success and many different tools you can use to get there.

Success looks different for everyone, but the main thing is something you can't see, the feeling within.

Once you get that feeling that you have succeeded, you can do anything.

You will become a gun at your job which can lead you to become a leader, an expert, a teacher or whatever your mind can produce!

I have felt this feeling, but I didn't do it on my own! I had a support network around me, and I would love to be part of yours!!

If you are ready to smash your goals and would like a hand my 8 session- 16 week, one on one coaching program is for you!!

Developed around you and what you need!

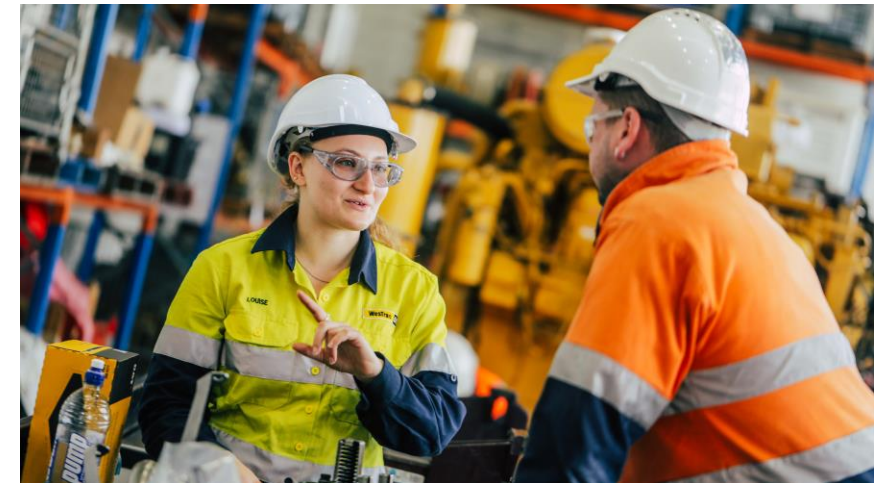
Enquire at -

<https://louiseazzopardi.com/awesome-individuals>



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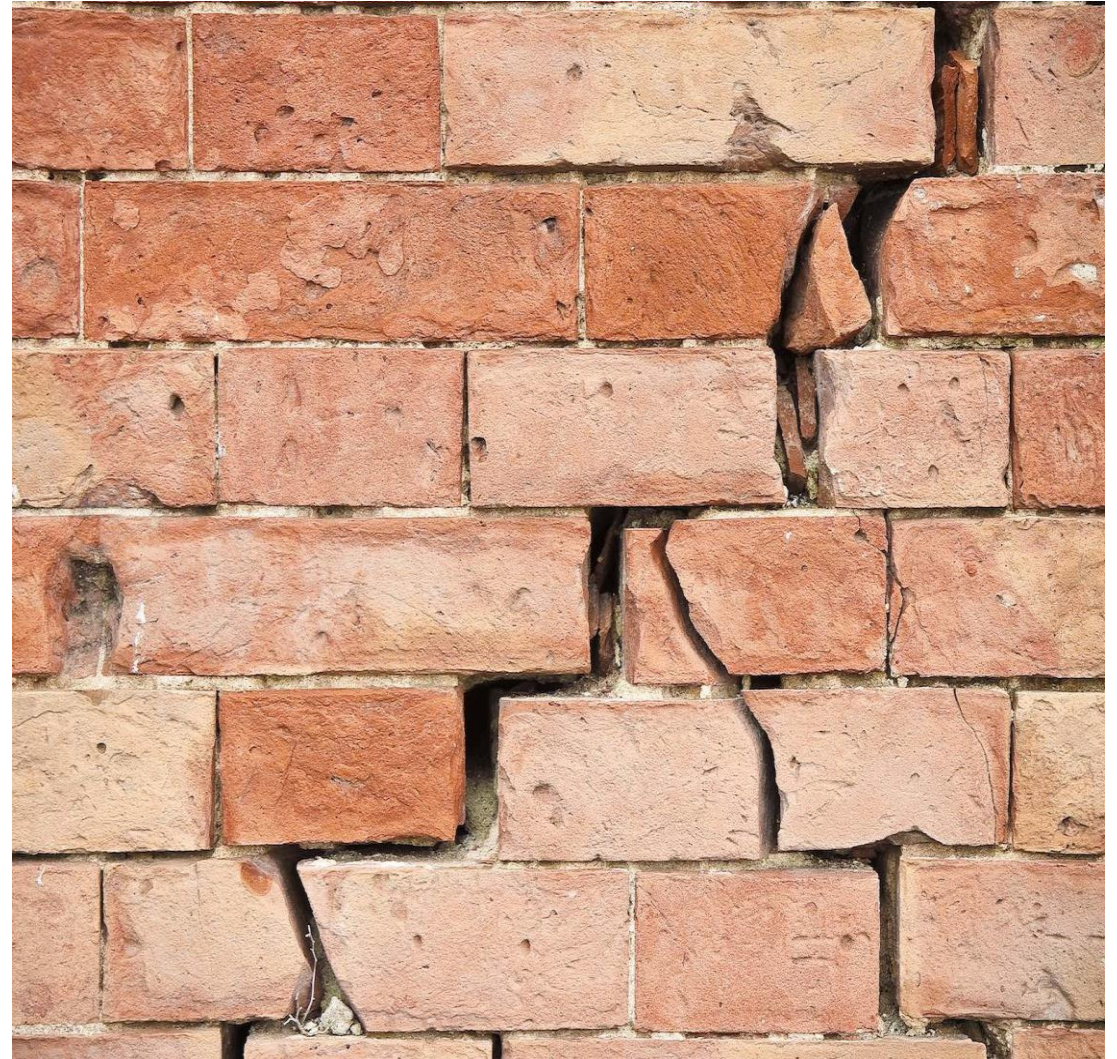
Setting the scene

Women working in a trade industry which is typically male dominated can experience barriers that can be hard to put into words. The days of out right sexism are fading but the sexist mentality still lives on in unconscious bias and for some more subtle forms of sexism which can leave you thinking, why do I feel bothered by that? Maybe its just me?

It is often said that you need to have a thick skin to be a women in the trades but even the strongest walls fall after constant battering.

What happens when something more obvious happens or your thick skin breaks, and you don't want to make a big deal but the only option you think you have is to go to HR?

In a lot of cases (mine included) people keep quiet until enough is enough, HR get involved someone may get fired and more often than not a lot of mental and social pressure is put on the person who comes forward.

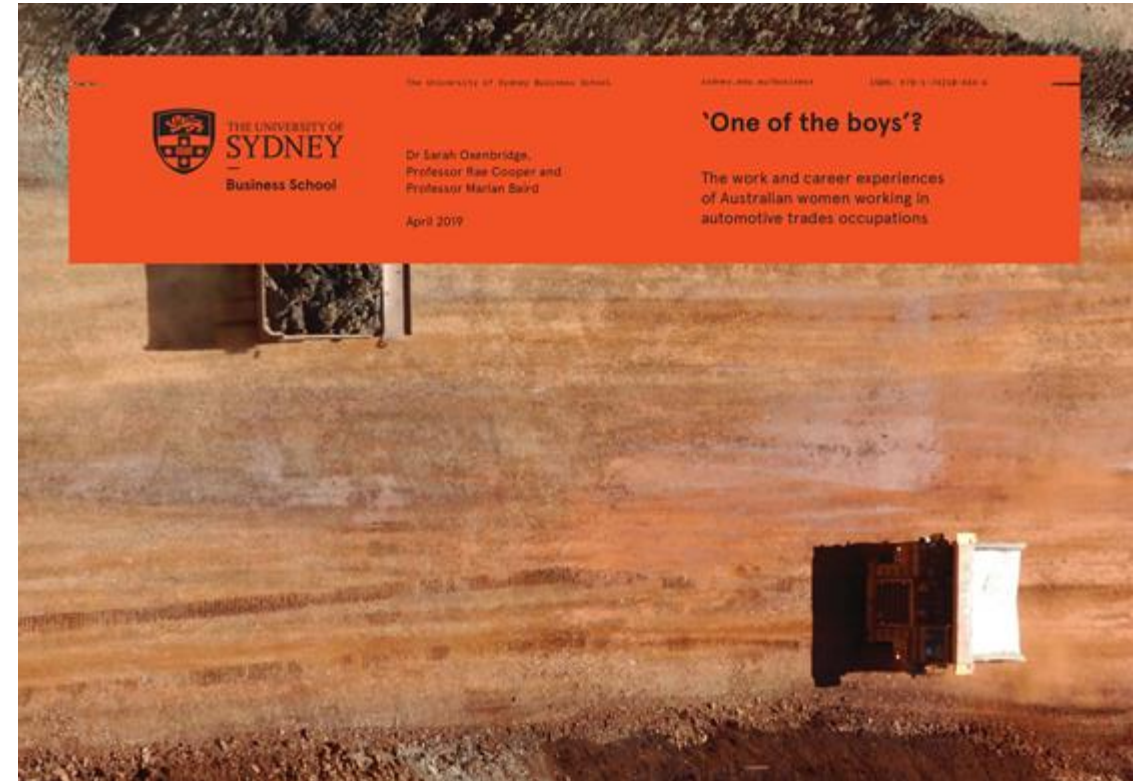




Some not so good facts

- 26% feel the workplace culture makes it difficult for women workers.
- 17% feel isolated at work.
- 24% have felt excluded from important workplace/ business events because of my gender.
- **24% have experienced sexual harassment at there workplace.**
- 43% have experienced offensive remarks or behaviors relating to there gender at there workplace.

These finding are from the report "one if the boys" by The University of Sydney Business School 2019





Its not all bad!

Working out the direction you would like to go in can be hard and a lot of women find themselves going around in circles or staying stuck in one spot because they are unsure of what the next step is.

A Women that has mastered her soft skills and confidence is unstoppable, she can become an expert, a leader or anything she puts her mind to!!





What can we do?

90% think that mentoring or sponsorship is important but only 50% have access to mentoring or sponsorship*

- Get more support out there! -

Support looks different for everyone which is why it is important to have a range of options out there.

One on one coaching will not only support people through struggling times, but it will give them the tools they need to truly succeed and become leaders in their field!



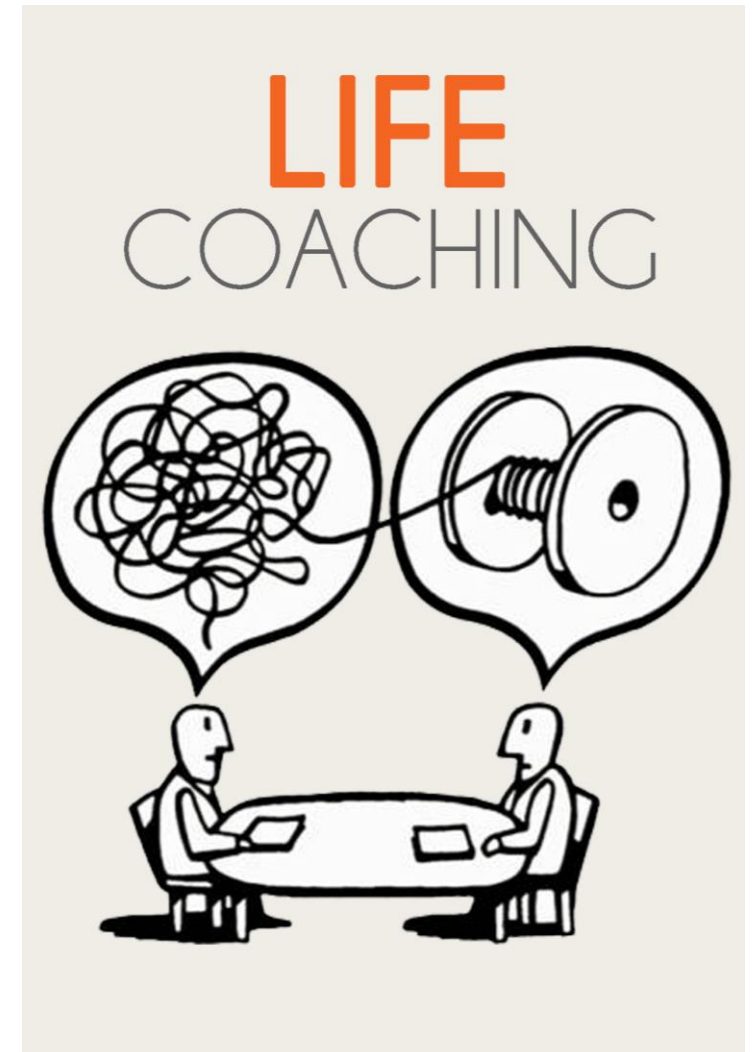
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What is life coaching?

The definition of a life coach is someone professionally trained to help you maximize your full potential and reach your desired results. They are like a supportive friend and a trusted adviser rolled into one. They're someone who will push you to identify your goals, hold you accountable and provide encouragement throughout your journey to become a better version of yourself.

In 8 sessions the women will work out what makes them tick, where they want to go, what need to get there, develop what they need to get there and create a plan to project them into on going success





The Numbers

The 8 session 16-week program is \$1500

This includes 8, 1-hour sessions that are fully custom to the individual. Sessions are online and will be scheduled in at commencement of program.

Session times can be adjusted if 48 hours notice is given.

An 8 session 12-month program will be available to the participant as a 'top up' to ensure the participant stays on track!

This will also be \$1500

Would you like more information? Contact Louise at

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Or check her out on social media -

