



Women Up

WHAT WE DO

Women Up Workshop Philosophy

Our workshops create a safe, creative space for you to show up as your best self.

We offer an engaging, sometimes playful environment where authenticity, stories and curiosity are welcome. Our aim is to help you feel equipped to move forward positively and to be more aware of habits that aren't serving you and feel empowered to make changes that will.

In all our workshops, there are practical exercises and tools to start applying at work and in your life immediately.



Build confidence and self-belief



Navigate change and new beginnings



Improve wellbeing and resilience



Strengthen relationships and communication



Set meaningful goals and take inspired action



Connect with a supportive community



EXPERT FACILITATION & COACHING

Led by experienced facilitators and coaches who understand the challenges women face. We create safe, supportive spaces for women to reflect, learn and grow alongside like-minded women.



LASTING IMPACT

We focus on real, lasting change. Women leave our workshops feeling more confident, motivated and equipped with the tools and clarity to create meaningful change in their lives.



EMPOWERING WOMEN. BUILDING CONFIDENCE. CREATING CHANGE.

This is what we do.