



Women Up

WORKSHOPS

Women Up Workshop Philosophy

Our workshops are a safe creative space for participants to engage and grow.

We offer an engaging, sometimes playful environment where authenticity, stories and curiosity are welcome. Our aim is to help your people 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.



Our Workshops

Light Up

LIGHT UP

Here we place the focus on you, your core values and the things that make your soul sing. We help you uncover – sometimes long forgotten – passions, and use practical exercises to align them to your working style and career goals. When we really tap into the things that matter to us, barriers dissolve and motivation surges.

Level Up

LEVEL UP

What defines your leadership style and is it aiding or impeding your progression? In this workshop we create space for you to find a style that plays to your strengths and sits authentically in your professional values. Using key research and proven strategies we can guide you to the next level in your leadership journey.

Power Up

POWER UP

Here we explore the power of women – where it comes from, how it can be drained and most importantly how we harness it to elevate our impact and influence in the rooms where decisions are made.

Open Up

OPEN UP

This workshop aims to help you power up your communication skills to influence stakeholders and decision-making so you make the impact you want in the workplace. Using practical models around assertive communication and recognising the power of psycholinguistics, our workshop will raise your awareness and equip you with tools to maximise your communication skills and impact. Together, we will explore a key theory of influence and create practical action plans to manage your key stakeholders.

Show Up

SHOW UP

This workshop helps you explore how to own your reputation, take control of your narrative and manage how others perceive you. Choose what you want to be known for and how you want to show up in the workplace. Explore the elements that make up a personal brand, create your own brand statement and map out communication opportunities as you begin to craft your strategy.