

Claim Your Personal Power!

Women's Empowerment Workshop

Half Day Thursday October 25th 1:00 – 4:00pm



We all want to feel in control of our lives. But sometimes ingrained and habitual behaviours cause us to act or react in ways that confound and stress us.

We all want to be treated with respect. But sometimes others treat us in ways we don't understand.

This half-day workshop will reveal the often invisible influences, mindsets and behaviours that shape our daily lives and how we can transform them to our best advantage in our personal and professional contexts.

Identify disempowering behaviours, mindsets and habits then replace them! Raise your personal and professional effectiveness.

EXPERIENCE A POWERFUL MENTAL MAKEOVER!

Lead yourself into an exciting and inspiring future.

The content, approaches and methods in this workshop represent a unique blend of principles drawn from *Psychology, Education, Drama and Linguistics*. Together they create a powerful and transformative experience designed to catapult you to a higher level of personal and professional effectiveness.

Dr. Irena Yashin-Shaw

What You'll learn!

- ▶ The five essential elements of personal empowerment
- ▶ The importance of a 'growth mindset' and how to achieve it.
- ▶ Specific empowerment strategies and tools
- ▶ Your empowerment index score
- ▶ How to deal with disempowering behaviours that undermine your success.
- ▶ How to elegantly handle challenges in ways which will grow your resilience
- ▶ How to physically radiate presence and confidence
- ▶ Little known vocal influencing techniques
- ▶ How to overcome the barriers to living an empowered life
- ▶ The fundamentals of self-efficacy and a powerful sense of agency so you can be a potent force for positive change.

"This workshop has been extremely valuable. I feel like I have assumed a completely new persona." B. Zappala. Qld Health

Ask about the in-house version of this workshop.

"Dr. Irena has a suite of programs that will liberate the untapped potential in your organisation or business."



Claim Your Personal Power!

WOMEN'S EMPOWERMENT WORKSHOP

Half Day 25th of October 1:00 – 4:00pm



Dr Irena Yashin-Shaw PhD

With a PhD in Cognition and a Masters Degree in Adult Education, Dr. Irena is a highly experienced educator adept at helping people to find, liberate and develop their untapped potential. She understands what works and why when it comes to helping people and teams learn, transform and evolve. You are guaranteed a high-quality and enjoyable learning experience with results!

BENEFITS

- Improve your self-leadership skills
- Access your internal reserves
- Harness your untapped potential
- Gain insights into why and how you respond in certain circumstances
- Identify and break free of limiting mindsets that hold you back.



“An extremely enjoyable workshop that gave insight into our own behaviours as well as tools for self-leadership and self-empowerment.”

T. Low. Haematology and Oncology Clinic of Australasia.

WHO SHOULD ATTEND

- Women in leadership roles
- Emerging female leaders
- Influencers
- Women seeking accelerated personal and professional development
- Women who aspire to be their best selves.

**Essential
Professional
Development
for women!**

INCLUDED IN YOUR WORKSHOP PACKAGE

- A hard copy of Dr. Irena's book *Success Simplified: Simple solutions measurable results*
- Twelve weeks of email support
- Manual
- Afternoon Tea
- Networking

DATE: Thursday 25th October

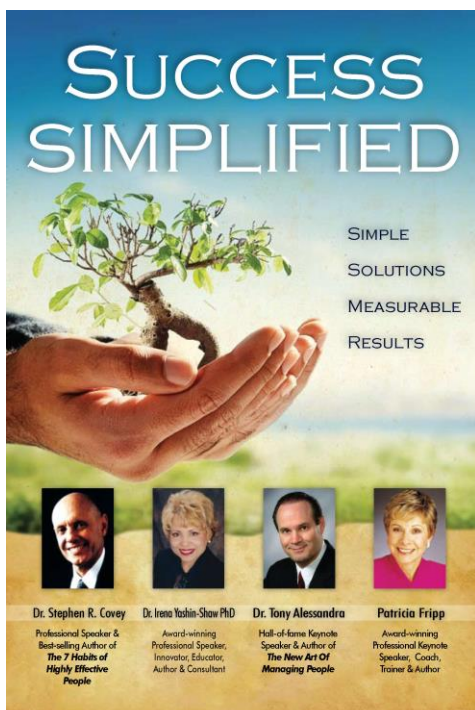
TIME: 1:00am – 4:00pm

VENUE: Royal on the Park. 152 Alice St. Brisbane CBD. Terrace Room.

COST: Early Bird till 21st September \$310 + GST

Standard registration \$390 + GST

Register at



Dr. Stephen R. Covey
Professional Speaker &
Best-selling Author of
*The 7 Habits of
Highly Effective
People*

Dr. Irena Yashin-Shaw PhD
Award-winning
Professional Speaker,
Innovator, Educator,
Author & Consultant

Dr. Tony Alessandra
Hall-of-fame Keynote
Speaker & Author of
*The New Art Of
Managing People*

Patricia Fripp
Award-winning
Professional Keynote
Speaker, Coach,
Trainer & Author