

My Empowering Women course took place nearly three years ago; it was the start of an exciting journey and a real shift in the way I thought and approached many situations. The course was very much a beginning but I promised myself I was not going to revert to my previous ways and I was going to practice what I had learnt every day at home as well as at work. In fact, I am doing just this now in writing about the course as it is not something I would have done before. I am challenging myself all the time, stretching out my comfort zone and feeling more empowered every time. It is a wonderful place to be.

Here are some examples of what was covered as part of the course; I gained a better understanding of my brain and how I can pre-program it. As a result, I can now more objectively manage my responses to certain situations. I have since used it to visualise meetings, interviews and presentations and prepare for the different outcomes. It has also been a great tool to pass on to my team and also my children at home. It has allowed my youngest daughter who continuously over assesses everything to prepare for a competition and keep her nerves under control.

Another example is how the course provided me with an understanding of why and how I could self-sabotage; it also allowed me to identify means to prevent it. The course emphasis was on being positive, supportive and kind to ourselves and others. My approach to many things has switched to believing the glass is always half full. It is a better starting place and much more constructive than having the opposite view. This approach has spurred me onto co-hosting the first roundtable in Leeds/North and now working towards other event to be hosted in Leeds in 2019. I have made some significant changes at work too where I am being more creative and more proactive in introducing change.

The stronger example and one that has kept me on track to date, is meeting with different women at different stage of their careers who have similar challenges.

The realisation that what I was experiencing was normal and not a show stopper; I was capable of addressing it if I conditioned my mind to respond differently.

Finally, to become part of a network of supportive women that I can call upon for ideas, to share success and to build up inner strength and self-beliefs has been fantastic.

Regards,
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