

# EMPOWERING YOU

## Catalysts for Positive Change

I was lucky enough to be nominated to attend 'Empowering Women in a Digital World' in March 2018. As the only delegate from Barnsley Metropolitan Borough Council I jumped at the chance of broadening my knowledge. Initially I thought it was going to be your standard 'IT' course, how wrong I was.

On the first morning we introduced ourselves via a 'check-in' which involved describing how we felt at that particular moment. I knew then this was not going to be your average learning experience. As the days progressed the focus was on understanding ourselves and how our own beliefs and behaviours affect our actions and those of others. We practised tools and techniques which were both excruciating, taking you out of your comfort zone, but also hilarious bringing us together as a group.



There were some amazing guest speakers who were not only inspirational but also just like us in so many ways.

I got my 'eureka' moment at the end of the 3rd day and on the drive home back to Yorkshire that night I made a personal pledge to change. I've not looked back! I approach life with confidence, no longer have the negative 'inner dialogue' (it's so quiet) and I'm more aware of how my behaviour can influence others. This has been recognised in my work place, through 360 degree reviews and appraisals, and also in my general happiness level. This culminated in me recently being a 'role model of the year' finalist in the computing Women in IT Excellence Awards.

I never anticipated that this course would change me to the degree it has and that I would still be in touch with the amazing women (and Steve) who I shared this experience with. It is the best investment an organisation has made in me and I'm grateful to have had the opportunity to becoming a better and more empowered woman.

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