

Breaking Barriers: Navigating Women's Struggles and Empowering Change

In the pursuit of equality and inclusion, understanding the unique challenges faced by women is vital for fostering meaningful change. This session delves into the systemic and cultural barriers women encounter and provides participants with actionable insights to navigate adversity and promote empowerment.

Explore practical strategies to challenge biases, build supportive networks, and create opportunities for growth and leadership. By addressing these challenges head-on, participants will be equipped to drive change, foster equity, and empower women to thrive in all aspects of their personal and professional lives.

Learning Objectives

- Recognise stereotypes and common internal barriers that hold women back, such as self-doubt, imposter syndrome, and perfectionism.
- Identify strategies to shift limiting mindsets and build confidence in leadership and career advancement.
- Apply practical tools to advocate for themselves and support other women in breaking workplace stereotypes.

Content Outline

Understanding the Barriers: Internal Challenges Women Face

- Recognising common internal barriers such as imposter syndrome and perfectionism
- Confidence vs. competence gap: How internal beliefs impact career growth.
- Understanding workplace stereotypes and biases that reinforce internal struggles.

Rewriting the Narrative: Shifting Mindsets & Building Confidence

- Strategies to silence the inner critic and imposter syndrome, turning self-doubt to empowerment
- Building resilience by overcoming the fear of failure and embracing growth.
- Action steps for overcoming internal barriers and building confidence

Creating a Supportive Ecosystem: Collective Empowerment

- Learning self-advocacy by communicating the value effectively.
- Building a strong network through mentors, sponsors, and allies.
- We're all in this together: how women can support each other's growth.