**Testimonials from Talented Women Workshop**

*Firstly I wanted to extend a massive thank you for a fantastic 1 day workshop that I had this week. The self-discovery journey I experienced was quite mind-blowing and I learnt so much from it. Meeting fellow senior ladies and sharing their experiences in an informal and relaxed setting helped me achieve such personal and professional mental growth in such a short time.*

*Helen is indeed such an inspiring lady too in drawing from her own obstacles and showing us how she worked to overcome those and sticking to her guns in an elegant and gracious manner.*

*Learning key techniques from Helen in terms of coping with internal gremlins was also so helpful. I honestly now feel I have a set of tools to tackle all very bright future challenges and it was eye opening to learn that leading ladies in senior positions all experience similar challenges, "gremlins"; but still remain amazing and making their own respective positive stamps in the world but often don't know it!*

*First course I have ever been on in my life where I have learnt so much about myself in 24 hours. Even after an MBA!*

*I look forward to our next networking event.*

*Really authentic trainer*

*A well rounded, experienced, real world view with excellent examples*

*She is Warm, friendly and knowledgeable. A great facilitator.*

*Excellent thought provoking, a very inspirational lady!*

*Life examples were great.*

*Very insightful, great guidance – pulls on knowledge to move course to suit individuals.*

*She is living what she preaches which makes it so much more powerful.*

*Helen is simply inspirational!*

*She created a warm, safe and challenging environment, fun and enthusiastic.*

*“I will (and have) recommended your workshop, I was really inspired and motivated by it!”*

**What did you gain from this workshop?**

*Insight into myself. New friends. A real insight to my gremlin, it has always been vague to me. The importance of having a plan to focus me. The idea of an essence to focus on what’s positive about me.*

*An understanding of my strengths and my limiting beliefs. Building relationships in the business and immediate colleagues. I understand what I need to do to achieve what I want and I know myself and what limits me.*

*Recognition of limits. Techniques/framework to draw the line that I want to follow/focus.*

*A framework to achieve both my personal and business goals. Confirmation of how important relationships are.*

*A better understanding of myself. A very useful framework to move forward with.*

*Great insights into who I am from a perspective of five strangers. Good methods to help share my future in work/life.*

*I have a framework to create a plan on how I get to my goals my way.*

*Networking with other similar women.*

*More belief in myself. More drive to influence my life.*

*Self-realisation. I am a highly respected, powerful and courageous revolutionary spirit. Fantastic framework to use to help me in life.*

*Wonderful opportunity to work in a small group and meet some amazing women.*

*Insight and confirmation about the real me. A framework to continue the work on defining what I really want and motivation.*

**What will you do differently as a result of this workshop?**

*Prioritise relationships to achieve goals. Work on my plan based on my essence.*

*Believe in myself more. Keep telling myself my powerful statement to build my confidence.*

*Work out what I really want. Work out how I am going to get it.*

*Use my essence mantra when feeling unconfident. Review and manage my relationships more easily.*

*Consider how I use my strengths. Plan based on different criteria – manage relationships better through techniques learnt.*

*Remember what my ‘essence’ is and draw on it in times of uncertainty.*

*Take control of my own development and career.*

*Think about what I actually want from life and plan to achieve it rather than letting it pass me by.*

*Learn to ‘Brown out’ my own self beliefs. Work on “my plan”.*

*Ensure what I do gels with what I want from life. Recognise the value I can add.*

*Remind myself of the real me. Work on identifying what I really want and how I am going to get there. Stay in touch with the team*.

*I will recognise and banish my gremlins. I will work out what I really Want.*

*Write my future and prepare a plan. Have these conversations to get me to my goal.*

*Work on relationships across the board to get the outcome I want. Build my life plan to understand what success means to me and how I contribute to it.*

The following organisations have Women who have attended a Talented Women’s Workshop

   

   







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