

# Women in Business

PROFESSIONAL DEVELOPMENT DAY

**30 May 9.30am - 4.30pm**

**JOHNSONVILLE**



**A one day event for women in who want to be inspired, connect with others and grow**

## **SPEAKERS**

**Dr Arzoo Syeddah**

**Christine Mutch Nimble Careers**

**Marina Shearer Profile Coaching**

**MORE INFORMATION**

**[www.profilecoaching.co.nz/WIB](http://www.profilecoaching.co.nz/WIB)**

# AGENDA

**9.00 - registration, networking and coffee**

**9.30 Keynote Speaker Dr Arzoo Syeddah**  
**Getting your seat at the table.**

**10.30 Morning Tea and Networking**

**10.50 Imposter Syndrome - Marina**

**A confident woman is happier and more effective than someone who is constantly questioning their self worth. In this presentation women will be encouraged to build their self-confidence and use practical solutions to common derailing thoughts that inhibit many women's plans.**

**11.55 Take your Space - Christine**

**Understand your key strengths, passions and values. Boost your success by learning to communicate what you've achieved in the past and what you envision for your future. Being confident, competent and visible is a great combination for opening up opportunities. Take stock of where you're at and what else you'd like to be known for.**

**12.55 Lunch**

**1.55 Be the Best You - Marina**

**Understanding your own and others competencies, preferred behavioural styles and communication preferences is vital. Adjusting to tailor your communication helps to build relationships, handle conflict with confidence and work positively with change. This session will provide plenty of practical tools for relating to others more effectively.**

**2.55 Afternoon Tea**

**3.15 Grit and Pivot**

**When faced with decisions and challenges recognise when to lean in and hold fast to the trajectory that you've chosen and when to change direction/focus and put your energy into something new. Christine will present the behaviours and mindsets that will underpin your success.**

**4.30 Wrap up and farewell**

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# OUTCOMES

After the last two years of working with significant challenges this workshop aims to provide a boost of practical inspiration and positivity for professional women.

It brings together three facilitators with expertise in business and professional development who will share the patterns they see in their work with women and how those learnings can benefit others. This day will provide an opportunity to connect with other Wellington women.

Participants will leave this day with new insights, fresh mindsets and be able to add practical tools to their professional Kete.

Book in now for an energising, inspiring, real, practical and fun day.

WE MUST NEVER BE TOO BUSY  
TO TAKE TIME TO SHARPEN THE SAW

Stephen Covey  
The 7 habits of Highly Effective People

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