



## THE FEMALE CONFIDENCE BOOSTER

Imagine how your female employees would feel if their confidence improved allowing them to express themselves with clarity and impact, captivate audiences in presentations and negotiate successfully with stakeholders.

Building confidence in your high-potential female talent will enable them to enjoy their work more and thrive in their roles. If presenting to clients fills them with fear, or if they struggle to express their point of view in meetings, this is the workshop for them.

**The Female Confidence Booster** provides practical, bespoke strategies to build their confidence.

### Topics covered:

- Understanding their strengths and how to use these to build confidence
- How to say 'no' and establish boundaries so they focus on the right things
- Managing their inner critic and imposter syndrome beliefs
- How to move out of their comfort zone and take risks embodying a growth mindset
- The importance of creating an inner circle and network when striving to boost confidence
- How to speak up and use confident language in business meetings

### WHAT TO EXPECT

- A practical and collaborative workshop either in person or on Zoom led by qualified Coach and PR/Communications recruitment specialist Emma Dale.
- Opportunity to participate and share their opinions whilst learning from other female participants.

### WHAT THEY GET

- Pre-workshop questionnaire establishing their current situation and goals, sent to the delegate and line manager.
- A 2-hour workshop sharing insights and situations with a group of their colleagues.
- Workbook with exercises and goal planner.
- A follow up, confidential personalised coaching session with Emma for each delegate to share specific challenges they are facing and establish goals.
- Access to Emma's Coaching Club with helpful articles and exercises.
- Reduced price on signature coaching programme: EmpowerHER – Elevating Female leaders in Communications.

### INVESTMENT

HKD 5,300 / SGD 895 /  
AED 2,500 / GBP 530 plus VAT  
per person for the workshop and  
group coaching with Emma.





## Emma Dale

Co-Founder & MD (Asia) Prospect Resourcing (Asia) Limited  
International Coaching Federation Associate Certified Coach (ICF ACC)  
Certified Coach, Institute of Executive Coaching & Leadership (IECL)  
Licensed Firework Career Coach

Emma is a trusted coach, recruiter and business leader. During her two-decades of experience as Co-Founder and Managing Director of Prospect, she has guided countless individuals and companies in Asia and the UK towards achieving individual career ambitions and business success.

Utilising her extensive background in recruitment, business leadership and career advisory, Emma qualified as an executive coach and founded Transform Executive Coaching- Prospect's coaching arm in 2016. She is an International Coaching Federation Associate Certified Coach, (ICF ACC), a certified coach with the Institute of Executive Coaching & Leadership (IECL), and a licensed Firework Career Coach.

Emma coaches managers and leaders within PR, Communications and marketing, across all industries from financial services to luxury brands and technology. Emma is regularly engaged by MNC's to coach high-performing individuals on leadership development and SME's to coach founders on driving their business forward.

Emma is dedicated to diversity and equality in the workplace and challenging the status quo. As such, she is an active member of The Hong Kong Women's Foundation alumni in Hong Kong where she was a mentor for two years on their high-profile mentoring programme. She also plays an active role in a 'Lean in Circle', supporting women around the world in their careers and businesses.

Emma has been described as 'one of the most energetic and positive people I have come across'; 'dynamic, resourceful and driven'; 'honest, efficient and extremely knowledgeable in her field' 'personable, empathetic and intelligent and above all she achieves great results.'

"Working with Emma has given me confidence not only in my work, but how work integrates into my life. We've collaborated on my leadership style, ways of working with differing corporate characters, effective management and so on. Emma's style is patient yet no-nonsense, smart and grounded in real understanding and experience. I've enjoyed every session we've had so far."

### **Director, Global Communications Consultancy**

"Emma is a keen listener. Her ability to offer clarity to complex situations and identify the positives has helped me to regain my confidence. I am so glad to have met Emma when my confidence level was at rock bottom, not knowing what my strengths are and constantly self-doubting. Emma helped rebuild my confidence by bringing different perspectives to my issues and teaching me to look into my "toolbox" to find my strengths."

### **Communications Manager, Multinational Firm**

"Emma helped to coach a key member of my SMT over a period of 6 months. During that time, I saw a noticeable improvement in confidence, communication and leadership skills in the individual which has positively impacted our business."

### **Managing Director, Global PR Agency**