



THE FEMALE CONFIDENCE BOOSTER

Online Workshop

Imagine how you would feel if your confidence improved allowing you to express yourself with clarity and impact, captivate your audience in presentations and negotiate successfully with stakeholders.

Building your confidence can ensure you have the career success you want. If presenting to clients fills you with fear, or if you struggle to express your point of view in meetings, this is the workshop for you.

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

Topics covered:

- Understanding your strengths and how to use these to build confidence
- How to say 'no' and establish boundaries so you focus on the right things
- Managing your inner critic and imposter syndrome beliefs
- How to move out of your comfort zone and take risks without the fear
- The importance of your 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 on Zoom led by qualified Coach and PR/Communications recruitment specialist Emma Dale
- Insight from other female participants working in PR/Communications

WHAT YOU GET

- Pre-workshop questionnaire establishing your current situation and goals
- A 2-hour workshop conducted with a group of female communications professionals
- An optional personalised one to one coaching session with Emma
- Workbook with exercises and goal planner
- Access to Emma's Coaching Club with helpful articles and exercises
- Reduced price on coaching programme: EmpowerHER – Elevating Female Leaders in Communications.

INVESTMENT

HKD 2,950 / SGD 500 /
AED 1,395 / GBP 295 plus VAT
for the workshop and personalised
coaching session with Emma.

Contact Emma to find out the dates of
the next workshop
emma@prospectresourcing.com





Emma Dale

Co-Founder & MD (Asia) at Prospect Resourcing
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 across all industries from financial services to luxury brand marketing. She 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 5 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