

The Female Confidence Booster

2-Hour Online Workshop + Follow-Up Coaching

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 and marketing

What You Get

- Pre-workshop questionnaire establishing your current situation and goals
- A 2-hour workshop conducted with a group of female communications & marketing professionals
- A personalised one to one coaching session with Emma after the workshop
- Workbook with exercises and goal planner
- Access to Emma's Coaching Club with helpful articles and exercises
- Reduced price on coaching programme: EmpowerHER: Elevating Females in Communications & Marketing to excel in their roles

Cost: HKD 2,985 / SGD 510 / AED 1,410 / QAR 1,400 / GBP 295 plus VAT

Contact [Emma Dale](#) or [book a discovery call](#) to discuss further.

The Female Confidence Booster Workshop Alumni

Louise | Communications Leader | Hong Kong

“Since attending Emma’s confidence boosting workshop, I have been actively using several of the tools she taught the group and thinking about these concepts which were new to me. It has been liberating to realise that many of my self-perceived shortcomings are pretty universal and there are so many of us walking around with these misconceptions of ourselves.”

Catrin | Head of Communications | London

“A group coaching session struck a perfect balance between practical tips and tricks to combat some of my individual challenges, as well as hearing from the room what others were working on and what they'd learnt. I'd certainly recommend for anyone looking for some reflective and action oriented coaching!”

Fiona | Communications Manager | Singapore

“Emma’s Female Confidence Booster workshop was a real eye opener as it taught me how to handle difficult and challenging situations at the workplace, increase my self-confidence and improve my work performance. I highly recommend this workshop to all striving to be a better manager or leader.”

Sam | Internal Communications | Asia

“The female booster confidence workshop was a great platform to hear from other female participants, the challenges they’re facing at work and how we can overcome and improve ourselves through practical tips. Emma also offered different perspectives on how we can approach the way we work with stakeholders especially executives. I was sure to put into practice what I’ve learnt— a bold move was agreeing to speak on a panel in front of a large audience and even applied for a role that was a step up from what I was doing (and got it after several rounds of interviews with senior leadership)! Though the workshop has ended, the saying definitely rings true- practice makes perfect and we must keep practicing to master that confidence.”



Emma Dale

**Co-Founder
Prospect Resourcing & Transform Executive Coaching**

Emma is an experienced coach, recruiter, and business leader with over two decades of expertise in communications and marketing. As Co-Founder and Managing Director of Prospect, she has supported countless individuals and organisations across Asia, the Middle East, and the UK in achieving both career ambitions and business success.

Building on her background in recruitment, business leadership, and career advisory, Emma became a qualified executive coach in 2016, founding *Transform Executive Coaching*—Prospect’s coaching arm. She is an International Coaching Federation Associate Certified Coach (ICF ACC), certified with the Institute of Executive Coaching & Leadership (IECL), and a licensed Firework Career Coach.

Emma spent more than a decade living and working in Hong Kong, where she gained first-hand insight into the unique challenges women face in the workplace. As a mentor on The Women’s Foundation’s prestigious Mentoring Programme, and through her work across the APAC region, she saw how self-doubt and lack of confidence often prevent women from stepping into leadership roles and thriving once there.

Since then, Emma has coached women working in communications globally—in Asia, the UAE, the USA, and the UK—helping them navigate cultural and organisational challenges, speak with confidence, build trust with stakeholders, and embrace leadership with impact. Her mission, since arriving in Asia in 2010, has been to empower women to claim the leadership roles they deserve and thrive within them.

Alongside her work with female leaders, Emma also coaches men and women at career crossroads in the communications and marketing sectors. She helps clients uncover their strengths, clarify their next steps, and build the confidence to pursue fulfilling careers. Deeply committed to diversity, equity, and inclusion, Emma is an alumna of The Women’s Foundation in Hong Kong, actively participates in a global *Lean In Circle*, and runs the Prospect Mentoring Programme.

Clients describe Emma as “energetic and positive,” “dynamic, resourceful and driven,” “empathetic and intelligent,” and above all, “a coach who achieves great results.”