



SERENDIB TRAINING  
inspiring minds

## **WOMEN @ WORK**

### **Simple Techniques For Women To Manage Workplace Challenges Confidently.**

9am to 1pm, Wednesday 11th March 2020  
The Concorde Hotel, Doha – Qatar

In a 2011 survey of managers by the Chartered Institute of Leadership and Management (ILM-UK), half the female managers reported self-doubt about their job performance and careers, compared with male managers. In the corporate world, women's tendency to feel less confident and underestimate their abilities frequently leads to not being recognized for deserved rewards, promotions, leadership roles and pay raises.

Confidence is not just a 'nice to have' asset, but a fundamental basis for success and satisfaction in a woman's professional and personal life. Whether you are selling your ideas, taking calculated risks, responding to criticism or challenges at work, speaking in a meeting or networking events, you will achieve desired outcomes faster if you have self-confidence.

Through a series of interactive discussions and practical exercises, this workshop will help you to identify key challenges women struggle with in the workplace, and thereafter, provide simple tools to develop their confidence, self-belief and positivity for increasing their effectiveness in the workplace and beyond!

In this workshop, the facilitator will work with you to develop your confidence, not only on the inside, but also to project confidence on the outside.

### WHAT YOU WILL LEARN

- Identify key areas where you want or need help in overcoming workplace challenges.
- Use questioning, listening and feedback skills to communicate in an assertive manner.
- How to change negative thought patterns.

### GET TO KNOW THE FACILITATOR, LINDA McALPIN

With over two decades of Middle East work experience in various fields, Linda brings an extensive breath of experiences from her progressive career path.

In addition to her professional accomplishments in the region, she is passionate about mentoring, coaching and working with women to attain their career goals through building confidence, communicating effectively, managing performance and managing change. She has delivered results in a number of volunteer roles in championing her passion for helping others including being appointed Vice President for the 'Qatar Shell Women's Network' where she played a critical role in identifying and implementing key policies changes that improved ways of working and career advancements for women locally.

Linda is a grounded facilitator who balances intellectual integrity with common sense. She has a relaxed facilitating style with a sense of humor that participants really enjoy.

**Your Investment**  
**QAR 500 Per Person**

To Register Or For More Information,  
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