



POWERFUL WOMEN AT WORK | 1 day

Thriving: Not Surviving

Melbourne | 7th October 2019

Sydney | 30th October 2019

Are you an **ambitious** woman that wants to feel **empowered** in your role and **win** at work?

Come and learn from a black belt Sensei in the karate and business world who has shown countless women how to do this for over 15 years.

Karen can teach you how to **smash the glass ceiling**, break down barriers, build your courage, your confidence and ultimately, **own who you want to be**.



This workshop is for women who...

- Are striving to get ahead and achieve ambitious career aspirations
- Want to feel confident, mentally strong and emotionally courageous
- Want to look, feel and be more powerful at work and in life
- Are feeling disempowered and need strategies to find their own spirit
- Want to be taken more seriously, be heard and play a bigger role
- Are struggling to deal with prejudice, sexist or bullying behaviour at work



What you can expect to gain by attending...

- Recognise how your mind and emotions help and hinder your success
- Overcome fears and learn to step into your potential
- Build awareness of the world you operate in and what that means for not only surviving, but thriving as a woman
- Build strength and develop your ability to influence how people think and feel, and the decisions they make
- Understand what it takes to thrive in a business world built by men
- Understand the vital role men can and do play to enable the success of women
- Learn why your gender is in fact an advantage and how to leverage being a woman in business



PLACES ARE LIMITED!

03 9670 6711 info@corporatedojo.com

Workshop Schedule

8.30am	Registration
9.00am	Program Objectives
9.15am	Session 1 – Understand the World You Operate In <ul style="list-style-type: none">▪ Employment landscape for women▪ Discrimination and unconscious bias▪ Common obstacles to success for women in business▪ The industry you work in and typical cultural environments you encounter
10.15am	Break
10.30am	Session 2 – Mindset: Choosing Your Attitude <ul style="list-style-type: none">▪ The power you have to choose your thoughts and emotions▪ Essential attitudes for women at work▪ Beliefs you hold that enable and undermine success▪ Powerful thinking
11.30am	Session 3 – Get Connected and Build Relationships <ul style="list-style-type: none">▪ How to create strong relationships based on trust and respect▪ How your attitude impacts the strength of relationships you create▪ How to build the depth of rapport needed to influence▪ Who you need to be connected with and why▪ Keys to managing your brand and why that matters to success
1.00pm	Lunch
1.30pm	Session 4 – Influence People and Outcomes <ul style="list-style-type: none">▪ How to have your say and be heard▪ Keys to Influencing how people think, feel and behave▪ Creating the opportunities that you need and want▪ Stepping forward to seize opportunity▪ Communicating with impact
3.00pm	Break
3.15pm	Session 5 – Smashing the Glass Ceiling and Being a Powerful Woman at Work <ul style="list-style-type: none">▪ Challenging unfounded assumptions, you and other people hold▪ How to compete well in a masculine environment▪ The lessons you have taken from each of our sessions▪ Commitments you will make to yourself, that will allow you to achieve the outcomes you really want
4.00pm	Workshop Close



Meet the Sensei
Karen Gately

Over the span of her corporate career Karen has worked in client service, strategy and planning as well as quality management leadership roles. In 2006, after eight years with The Vanguard Group where she was the head of human resources for the Asia Pacific region, Karen founded Ryan Gately, a HR consultancy company in Melbourne. In 2018 it became the Corporate Dojo. Together with her team Karen works with organisations large and small across a broad range of industries to support them to build and leverage talented and energized teams. Karen's approach is deeply rooted in the 25 years she spent training and teaching karate. The youngest person in Shukokai karate awarded a 1st dan black belt at age 14, Karen went on to be graded to 3rd dan after many more years of dedicated training and teaching. A multiple times winner of state, national and international titles, Karen was also a highly accomplished tournament karate competitor.

Advisor

Karen Gately is a passionate optimist and an educator in the fields of human performance and leadership. Karen brings a fresh perspective to what it takes to be a successful manager of people. Advocating an approach focused on leveraging both talent and energy Karen shows leaders how to drive performance through inspiring, results-based leadership.

Author

Karen is the author of two books: *The Corporate Dojo: driving extraordinary results through spirited people* and *The People Manager's Toolkit* (published by Wiley July 2013). In both Karen presents compelling arguments for why focusing on results and people is critical to success. Her pragmatic, uncomplicated and down to earth approach sets her apart from many other commentators in her field.

Media Commentator

Karen is a prolific writer and media commentator – a regular contributor to leading publications such as the CEO magazine, Australian Financial Review, In the Black, news.com.au, Huffington Post and Mamamia. She enjoys writing extensively for well-regarded publications with her views on both life and business. Karen has a weekly radio segment with Power FM South Australia and is often invited to share her expert advice for broadcast media including Today Extra, Kochie's Business Builders, Sky Business News and the ABC.

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Corporate Dojo

Phone: 03 9670 6711

Email: info@corporatedojo.com

REGISTRATION FORM

Date	City	Price*	Early Bird Price*	Early Bird Until
7 Oct 2019	Melbourne	\$900	\$700	9 Sep 2019
30 Oct 2019	Sydney	\$900	\$700	2 Oct 2019

* Price is exclusive of GST

Registration Details	
Delegate 1	Delegate 2
Name:	Name:
Company:	Company:
Email:	Email:
Phone:	Phone:
Dietary requirements:	Dietary requirements:
Delegate 3	Delegate 4
Name:	Name:
Company:	Company:
Email:	Email:
Phone:	Phone:
Dietary requirements:	Dietary requirements:

Contact Details	
As per Delegate 1 <input type="checkbox"/> Yes <input type="checkbox"/> No	
Name:	Company:
Email:	Phone:
Address:	

Payment Details		
Card Type: <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard	<input type="checkbox"/> Invoice required	
Card Number:		
Expiry:	CSV:	Amount:
Cardholder's Name:		Cardholder's Signature:

Here's what others have to say about our workshops...

"Karen has a very special style and a unique capacity to establish an open rapport with her audience"

"Excellent, fantastic presenter"

"Very knowledgeable in her field, energetic and easy to listen to"

"Passionate and knowledgeable, Karen was a great facilitator and stimulated good conversation amongst the group"

"Karen is very engaging. Her message is spot on and relevant"

TERMS AND CONDITIONS:

1. Upon registration all invoiced sums, including applicable taxes, are payable in full by the delegate to Corporate Dojo.
2. Should a delegate be unable to attend the event a substitute delegate is welcome at no extra charge. Please email info@corporatedojo.com to advise these changes
3. Corporate Dojo will make its best endeavours to run the event per the published program but reserves the right to alter the program without notice including substitution, alteration or cancellation of speakers, topics or the alteration of the dates of the event.
4. Corporate Dojo is not responsible for any loss or damage as a result of substitution, alteration, postponement or cancellation of an event.
5. All Intellectual Property rights in all materials produced or distributed by Corporate Dojo in connection with this event is expressly reserved and under any unauthorised duplication, publication or distribution is prohibited.
6. Client information is kept on our databases and used to assist in providing selected products and services which may be of interest to the client and which will be communicated by email or other electronic means.
7. Important note: While every reasonable effort will be made to adhere to the advertised package, we reserve the right to change event dates, sites or location or omit event features, or merge the event with another event, as deemed necessary without penalty and in such situations no refunds, part refunds or alternative offers shall be made. In the event that we permanently cancel an event for any reason whatsoever, (including, but not limited to any force majeure occurrence) and provided that the event is not postponed to a later date nor is merged with another event, the Client shall receive a credit note for the amount that the Client has paid to such permanently cancelled event, valid for up to one year to be used at another Corporate Dojo event. No refunds, part refunds or alternative offers shall be made.
8. Governing Law: This Agreement shall be governed and construed in accordance with the laws of the country this event is being held, and the parties submit to the exclusive jurisdiction of the Courts in that country. However, Corporate Dojo only is entitled to waive this right and submit to the jurisdiction of the courts in which the Client's office is located.
9. If you need to contact us for any reason concerning your registration, please email us at info@corporatedojo.com
10. Completing and submission of the Registration Form to us implies acceptance to the above Terms and Conditions.