



Women's Development Programmes

Studio West Training Solutions deliver a number of programmes aimed at developing women both personally and professionally.

From small business owners, women in leadership to women looking for that something extra in life Studio West can deliver or customise a programme to meet your needs. Our programmes value diversity and promote networking with likeminded individuals. Studio West programmes aim to inspire women to reach for their goals and adopt a healthy, positive outlook to all aspects of their life.

We also present innovative workplace programmes for the women you value within your organisation. Our professional development programmes will assist your staff at every level recognise how their unique contribution plays a part in meeting organisational objectives. We also aim to increase confidence, assertiveness and image awareness for personal and professional growth.

Paula Smith; Training Director at Studio West is a passionate and energetic trainer/facilitator who has over 20 years experience delivering personal and professional development programmes. Tertiary qualified in developing people, Paula has helped thousands of women of all ages achieve their dreams and is often called upon as a keynote speaker to inspire and motivate others. Paula has delivered workshops and seminars in Australia and overseas to a diverse client base. A proud mum, wife, friend and boss also juggling work-life balance and looking forward to sharing these engaging workshops with you.

Women's workshop topics:

- Managing your image
- Who are you really?
- Why other people do what they do
- Making things happen
- Power of networking
- Communication
- Positive assertiveness
- Exploring the passion
- Achieving and embracing success
- Why being a woman is wonderful
- Creative time management to have it all



Presentation Skills, Customer Service, Training and Assessment, Communication, Frontline Management are just some of the other soft skill programmes Studio West can deliver for you.

Visit our website or phone us personally so we can help you with your training solutions.

www.studiowesttraining.com.au Suite 27, 8-12 Stafford Street, Midland

P.O Box 292 Glen Forrest Western Australia 6072

Phone: 1300 852 859