

# Courageous Conversations

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SPEAKER | AUTHOR | PhD RESEARCH





# Workshop Outcomes

**Format:** In person or online  
**Duration:** 2 hours  
**Workbook** provided

## **1. Recognize and Honour Fear**

Participants will understand the role fear plays in their decision-making process and learn how to honour their fears rather than dismiss or ignore them. This will empower them to make conscious choices about how to respond to fear and avoid letting it control their lives.

## **2. Identify and Rewrite Limiting Beliefs and Narratives**

Participants will be able to recognize the long-held beliefs or narratives that may be limiting their potential or personal growth. They will practice rewriting these narratives using techniques like "Clarity by Comparison" to replace unhelpful beliefs with more empowering alternatives.

## **3. Break Free from Inhibitions that Impede Progress**

Participants will gain insight into the inhibitions that have unconsciously shaped their behaviour and decisions since childhood. They will explore areas in their lives where they feel held back and develop strategies to challenge and overcome these limitations.

# Workshop Outcomes

## **4. Confront Expectations**

Participants will reflect on the expectations placed on them by family, society, or colleagues and evaluate how these expectations have influenced their lives. They will learn how to courageously confront and challenge these expectations, creating space for more authentic and empowered living.

## **5. Create a New Power Narrative**

Participants will leave the masterclass with a clear understanding of how to plug back into their innate power. They will recognise that their power has always been within them, hidden under layers of social conditioning, and will be equipped with strategies to consciously step into their power in both personal and professional contexts.

**These outcomes will help guide your participants through the process of recognising and transforming the fears, beliefs, and expectations that have limited their potential.**

# Bron Williams

Bron is a passionate and powerful advocate for women's leadership, deeply committed to empowering women in all facets of life.

A seasoned speaker with a strong focus on topics like leadership and unconscious bias, she uses her personal experiences and insights to inspire and guide others.

"Superheroes in Disguise" reflects her mission to help women recognise and embrace their innate power, challenging social norms and encouraging self-reflection.

Her work is aimed at creating meaningful change in the corporate world, particularly in Asia, by helping women in leadership roles to write their own stories and lead with confidence.

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