



VICTORIAN
WOMEN
LAWYERS

FEAR(LESS) YOU MASTERCLASS

Victorian Women Lawyers is thrilled to welcome back Penny Locaso to take us through a masterclass and interactive workshop on how to use fear to create the change you seek in work and life.

Penny Locaso is the author of *Hacking Happiness*, a TEDX speaker and contributor to the *Harvard Business Review*. Penny has been making waves challenging those around her to view the world through a different lens, one which can allow you to flourish in uncertainty and find the joy in stressful times.

Penny's interactive workshop will seek to equip women in the law in how to use fear to create the change they seek in work and life. The workshop will focus on the following:

- an action plan that will enable you to remove the barriers associated with the top fears you currently face and positively influence outcomes;
- Improved confidence to bring who you truly are to work and life, supporting greater diversity in your industry;
- A set of evergreen tools that can be used to tackle any fear that comes up and support building resilience and confidence on an ongoing basis;
- Clarity on where to invest your energy and resources to build confidence and maximise productivity;
- A new positive language to use when faced with fear and failure to help shift your mindset and amplify change capability; and
- A deeper level of trust, empathy and connection with your peers based on the personal experiences shared in the room.

Tickets to this workshop are limited, so register as soon as you can to avoid missing out.



Date: Tuesday, 25 October 2022

Time: 9.00am - 12.00pm

Location: Clarence - Workplaces for Professionals
Level 11, 456 Lonsdale Street, Melbourne 3000

Cost: \$30 for VWL members
\$40 for non-member
Morning tea to be provided.

Register: <https://vwl.asn.au/events-3/>

Attendees may be eligible to claim 1 CPD unit for Professional Skills for each hour of attendance (not including breaks).