



VICTORIAN
WOMEN
LAWYERS

FEAR(LESS) YOU MASTERCLASS



Victorian Women Lawyers' is proud to present our Flourishing Workshops series designed to empower legal professionals to find their purpose and become authentic leaders within their community.

Back by popular demand, our facilitator is **Penny Locaso** the author of *Hacking Happiness*, a TEDX speaker and contributor to the Harvard Business Review.

The first in this series of interactive masterclasses focuses on using fear to create the change you are seeking in work and life.

Fear is often the number one barrier preventing people from stepping into meaningful change, at work and in life. This tactic-based program identifies what's holding people back and teaches them how to use fear to positively behaviours and organisation change, build confident and practice resilience. The Fear(less) Masterclass will teach attendees to:

- Build resilience through the practice of getting comfortable with discomfort.
- Positively influence outcomes when under stress.
- Respond pro-actively to fear and positively shift their attitude towards failure.
- Amplify their change capability.
- Lead with genuine authenticity.
- Level up human connection and empathy-building deeper relationships and understanding of their peers.

This was what last year's attendees had to say about the workshop and what they found most useful:

- *"Penny and the event were fantastic! I can't thank VWL enough for organising such a life-changing experience"*
- *"The insight into how to embrace fear and turn anxiety into excitement"*
- *"Behavioural tools to manage fear/shifting mindset"*

Tickets are limited and registrations are necessary.

Date: Wednesday, 19 April 2023
Time: 9.30am - 12.30pm (includes morning tea)
Location: Clarence - Workplaces for Professionals
Level 11, 456 Lonsdale Street, Melbourne 3000
Cost: \$100 for VWL members
\$130 for non-member
Register: <https://vwl.asn.au/events-3/>

SPECIAL OFFER

If you also register for *Work-Life boundaries for energy, presence and calm* (19 July 2023) and pay the discounted price of \$150 for both workshops

With thanks to our event partner

CLARENCE
WORKPLACES FOR PROFESSIONALS