

*Thriving Women*  
Workshops



# Our approach

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Our approach to designing and developing programs are research and evidence based. We have access to the latest thought leadership and we design and deliver solutions that create sustainable change. Our team has deep expertise in designing and delivering engaging learning experiences and retreats.

## Learning outcomes

The program is designed to help you improve your overall wellbeing and resilience, and you can expect to:

- Explore the wellbeing continuum and learn how to spot early warning signs in yourself.
- Develop new mindsets that will help you build resilience and improve your wellbeing.
- Identify the different sources of physical, emotional, mental, and spiritual energy in your life and understand which ones are helping and which ones are holding you back.
- Learn and apply strategies that will help you establish a consistent and sustainable positive routine.
- Create achievable goals and leave the workshop with a clear plan to boost your energy levels and build resilience.



## Cherry Ward



As the Founder and Managing Director of Bluebird Leadership and Thriving Women, Cherry brings over twenty years of experience in senior leadership and executive roles to her work as a leadership facilitator, coach, speaker, and consultant.

With her experience as a mum, wife, entrepreneur, and leader, Cherry has a unique understanding of the challenges that women face in balancing the demands of work and life.

Her passion for empowering women to achieve their full potential and create thriving personal and professional lives drives her work at Bluebird Leadership and Thriving Women. Through her programs, Cherry provides practical tools, strategies, and insights to help women build resilience, prevent burnout, and achieve success on their own terms.

## Rebecca Niebler



Rebecca has a degree in business psychology and more than 15 years of experience in organisational learning and leadership development roles.

She is also the founder and owner of Mind Cultivation, a Brisbane-based coaching practice. Her approach to working with individuals, teams and families is deeply rooted in positive psychology and guided by her philosophy, “the way you speak to yourself sets the tone for every other relationship in your life”.

In her work with clients, Rebecca is guided by principles of Acceptance and Commitment Theory (ACT), including embodied and experiential approaches to learning and unlearning. She brings a systemic lens to her practice and takes a holistic view of people and the systems they operate in.

## Workshop details

Dates: Sunday 17th March 2024

Venue: Riverlife Adventure Centre

Address: Kangaroo Point, Brisbane, Queensland

## Investment

\$550.00

(10% early bird discount if registered and paid by 1st March, 2024)

Our workshops and retreats are designed to help you prioritise your well-being and invest in your personal growth and includes:

- A comprehensive learning workbook and additional resources so you'll gain the tools and insights you need to thrive in all areas of your life.
- A variety of activities such as embodied practices, meditation and breathwork, designed to help you connect with yourself and nature.
- Nourishing refreshments and lunch to fuel your body and soul.
- Access to our exclusive Thriving Women online community, where you can connect with like-minded women and continue your personal growth journey long after the workshop is over.

## How to register

Register online at [www.thrivingwomen.co](http://www.thrivingwomen.co) or click on the button below.

[Register Now](#)

## Payment methods

Pay via credit card or request an invoice.

## Cancellation policy

- All cancellations/transfers must be received in writing. Refunds will not be given unless at least 15 working days notice prior to the program commencing.
- No refunds will be given after this date.
- If you are unable to participate, a substitute participant (transfer) is welcome if written notice is given prior to the program but will incur a \$15 administration fee.
- Thriving Women reserves the right to change the facilitators or the advertised price.



We believe that every woman can design and cultivate a thriving life. Our purpose is to empower women to live their best lives through our outdoor adventure programs, workshops, and retreats. Thriving Women is dedicated to empowering women to live their best lives through our experiences.

As busy women ourselves, we understand the demands of juggling a career, family, and personal goals. That's why we've designed retreats that allow women to step away from their daily routine, recharge their batteries, and discover what truly matters to them.

# What we do

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Our adventure programs, retreats and workshops are designed to help women achieve inner development and personal transformation. We follow the Inner Development Goals (IDG) framework to guide our experiences, which focuses on understanding one's inner compass, deepening self-awareness, and fostering a learning and growth mindset.

Our programs also help women build strategies to avoid burnout and reduce stress and develop a toolkit for personal resilience. Through our experiences, women are equipped with daily practices to overcome challenges and develop a personal plan for cultivating a thriving life.



## Adventure Programs

The Thriving Women Adventure programs offer a unique approach to personal and professional development by encouraging you to expand your comfort zone and engage in adventure-filled activities. Combining practical activities like hiking, snow sports, yoga, and mindfulness, along with research-based insights and interactive workshops to help you build resilience and achieve personal growth.

## Retreats

We understand the unique challenges that women face in leadership roles, and our retreats offer experiences that provide practical tools and strategies to prevent burnout, build resilience, and achieve personal and professional growth. Our retreats are designed to help busy women take a step back, reflect on their personal and professional journeys, and recharge their batteries.



*Get in touch*

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# Thank You

We understand that every organisation has unique needs and challenges. That's why we offer bespoke corporate programs that are tailored to meet the specific needs of your business.

Our team of experienced facilitators will work with you to create a program that addresses the specific challenges facing your senior women. Contact us today to learn more about how we can help your business thrive.

## Ready to thrive?

Join our transformative retreats to create your ideal future. Our programs empower women through practical tools and strategies that promote personal growth, resilience, and wellbeing.

Whether you're seeking to build personal resilience, cultivate strong habits, or develop a supportive network, our workshops and retreats will help you achieve your goals and thrive.

## Enquiries

[hello@thrivingwomen.co](mailto:hello@thrivingwomen.co)  
[www.thrivingwomen.co](http://www.thrivingwomen.co)

