



PROFESSIONAL DEVELOPMENT FOR WOMEN

Building Confidence and Resilience for Women in the Workplace

3 day course

Classroom, online or in-house

Course overview

Confidence advice aimed at women usually treats the problem as internal, which quietly implies the workplace is fine and the woman is the thing that needs adjusting. This course is more honest than that. Delegates work through what confidence actually is, which is a willingness to act without certainty rather than a feeling, and separating genuine self doubt from an accurate reading of a difficult environment. Preparing to speak in rooms where you are outnumbered is covered. Recovering from a setback in public follows, including the mistakes everyone makes and only some people are forgiven for. Resilience is treated as a practice: recovery, boundaries and the energy cost of constant adjustment. Building support, sponsorship and honest feedback is addressed. Deciding what to challenge and what to let go follows. The course closes on sustaining a career over years rather than surviving a week.

What you will learn

- Treat confidence as willingness to act rather than a feeling
- Separate self doubt from an accurate read of the environment
- Prepare to contribute in rooms where you are outnumbered
- Recover from public setbacks and unequal forgiveness
- Practise recovery, boundaries and energy management
- Build support, sponsorship and honest feedback
- Choose what to challenge and sustain a career over years

Who should attend

- Women professionals experiencing career stagnation despite strong performance
- Employees facing high pressure roles with demanding deadlines and stakeholders
- Women managing significant work and personal responsibilities simultaneously
- Early to mid career professionals building long term career resilience
- HR and wellness leads supporting women's retention and advancement

Course outline

- 01 The problem is not always internal
- 02 What confidence actually is
- 03 Self doubt against accurate reading
- 04 Speaking when outnumbered
- 05 Public setbacks and recovery
- 06 Resilience as a practice
- 07 Boundaries and the cost of adjusting
- 08 Support, sponsorship and the long view

Upcoming dates

Dates	Venue	Format	Fee per delegate
28 to 30 September 2026	Online	Online	R6,500
16 to 18 November 2026	Pretoria, South Africa	Classroom	R14,950
8 to 10 February 2027	Johannesburg, South Africa	Classroom	R14,950



Fees and how to register

This 3 day course is **R6,500** per delegate online, **R14,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 995** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriscience.co.za, or WhatsApp us on **+27 63 479 1136**.

AfriScience Group | +27 61 536 6531 | info@afriscience.co.za | Pretoria, Gauteng, South Africa