

# Combatting the Deafening Silence of Domestic Abuse and Gender Inequality

The Australian woman reaching those who are unable to reach out, through an interactive new online Program

After 25 years of empowering leaders and women around the world, international business leader, motivational speaker and women's coach, Caryn Walsh has today launched a powerful tool to help women everywhere take control of their own lives.

Part of the Empowering Women to Thrive Series, BE UNSTOPPABLE is an interactive 9-stage online Program created for women, by women, to help them make positive changes to their lives. Written by Caryn, who has coached and counselled thousands of women in all kinds of settings over a 25-year career, the Program has been skillfully crafted into an online resource by gifted education consultant, Christina Randell.

"I've spent my career helping and understanding women - and I want to help more of them," comments Caryn. "Not every woman in need of help seeks assistance from the services available - such as counsellors, coaches or support groups, for many reasons, but not least being trapped in a situation of domestic violence."

Abuse by an intimate partner affects one in six women in Australia, and there are many reasons why they don't feel they can reach out for help. At greater risk of family violence than men, women are more likely to know their perpetrator and the violence usually takes place within their home.

An innately positive and powerful Program for women of all ages and backgrounds, the catalyst for creating BE UNSTOPPABLE initially came from a tragic event, familicide, which left a marked impression on Caryn.

In this situation, a man ended his own life and those of his infant children and it was then that Caryn realised she had to do more to help women around the world, and do what she can to prevent horrific incidents like this from happening again.

Those affected by Family and Domestic Violence are just two of many groups of women who can benefit from BE UNSTOPPABLE, which can be accessed anytime, anywhere, by anyone who has access to the internet. However, the Program is not aimed specifically at addressing family violence.

BE UNSTOPPABLE is a direct response to multiple requests to get Caryn's women's empowerment training Programs online, from those who have already benefited from them. Many women in the workforce also feel disenfranchised, unheard and not valued. This Program is for them too, and those in life overall.

"It has taken a year to write and design BE UNSTOPPABLE, and we believe it is the only Program of its kind in the world. We know the need is there, for women of all backgrounds and ages. A month before launch, we already had 1,500 women register their interest in the Program, with the oldest being 86 years of age."

A 9-stage online Program, BE UNSTOPPABLE is designed to help women around the world learn how to grow in confidence, communicate assertively, manage stress well, learn how to become personally empowered, be emotionally intelligent and set realistic and achievable goals for themselves.

It is designed to tackle the nine most common challenges Australian women face today, helping them gain more control of their lives, in the privacy of their homes, to become more empowered in their lives over time.

Caryn has an impressive resume, with over 25 years' experience in international leadership development and training, counselling and coaching women from all walks of life. She has helped move women to safety, taken them to greater heights in leadership positions, become more confident in their own lives, helped them grow in areas they struggle and move forward confidently and optimistically. Well known in business, Caryn coaches CEOs and senior executives internationally. A CEO she coached in 2016 (a woman) was awarded the 2017 Australian CEO of the Year, and Caryn is a regular keynote speaker at conferences in Australia and internationally each year.

"I have dealt with suicide, incest, distressed families and marriages, depression and anxiety, mental health issues, domestic violence and have

assisted poor business leaders, bad organisational management and under-performing teams. I have worked with countless families, hundreds of marriages and women in refuges, and I have run self-esteem conflict programs in primary and high schools," adds Caryn.

"With this new Program, as with all of my work, my aim is to help women help women everywhere. Let's guide, mentor and support each other. Let us women band together to make this world a better place. We need every one of you, no matter where you are, to turn gender inequality around, help each other thrive and make this world a better place for everybody over time."

BE UNSTOPPABLE is a powerful, interactive 9-stage online empowerment Program for women around the world to access at [www.empoweringwomentothrive.com](http://www.empoweringwomentothrive.com) from today.

# ENDS #

Notes to editor:

The latest statistics about Family Violence in Australia were published by the Australian Institute of Health and Welfare on 28 February 2018. Key figures relevant to this press release are included below:

1 woman a week was killed by a current or former partner in the 2 years from 2012–13 to 2013–14.

1 in 6 (1.6 million) women have experienced physical and/or sexual violence by a cohabiting partner since age 15.

Men are more likely to experience violence from strangers and in a public place; women are most likely to know the perpetrator (often their current or a previous partner) and the violence usually takes place in their home.

In 2014–15, on average, almost 8 women were hospitalised each day after being assaulted by their spouse or partner.

Almost 1 in 4 (23%) women have experienced emotional abuse from a current or previous partner since the age of 15.

Almost 1 in 5 women (18%) have experienced sexual violence (sexual assault and/or threats) since the age of 15.

Women were most likely to experience sexual violence from a previous cohabiting partner (4.5% of women) or a boyfriend/girlfriend or date (4.3% of women).

In 2016, on average, police recorded 52 sexual assaults each day against women and about 11 against men.

About Caryn Walsh

An international leadership and team development specialist, executive and women's coach, motivational speaker and experienced psychotherapist, Caryn Walsh works across various Continents around the world, helping leaders and all women thrive. Caryn has trained, coached and counselled thousands of women over a 25-year career and has worked with women in all settings – business, in leadership roles, those living with domestic violence and general relationship difficulties, women suffering depression and anxiety, struggling with low self-esteem, a lack of confidence, difficulties in leading people and in their careers, and others who are generally feeling unhappy. Caryn is passionate about supporting women to become champions of their own lives.

About BE UNSTOPPABLE

Caryn Walsh's content has been skillfully crafted into an online Program by gifted education consultant Christina Randell, to create BE UNSTOPPABLE - a Program designed for women, by women, to make a positive change to women's lives everywhere! The Program is available now at [www.empoweringwomentothrive.com](http://www.empoweringwomentothrive.com), for an introductory price of \$197 inclusive, as an early bird special until the end of June. The usual price will be \$297 from 1 July 2018.

The 9-stage Program has been designed so each stage builds on the one before:

Personal Empowerment

My Story - I Really Matter

Love, Trust and Safety in Relationships

A Woman in Business

Manage Your Stress in a Challenging World

Communicate Assertively and with Confidence as a Woman

You, an Emotionally Intelligent Woman

Real Resilience – Bouncing Forward

Setting Goals for the Life You Really Want

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