

BE UNSTOPPABLE: The Future of Empowering Women in Business

The Australian bringing confidence back to women all over Australia

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.

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, that 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 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.

The 9-stage online Program 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 addresses women in business, and those who want to gain more control of their lives, in the privacy of their homes, whenever they choose, to become more empowered in their lives over time.

With men still dominating managerial positions in Australian organisations, it's no wonder women are struggling with empowerment. In fact, women's confidence actually declines with experience: 27% of new female employees are confident they can reach top management; this drops to a mere 13% in experienced female employees; while 67% of women say they needed more support building confidence to feel like they can be leaders.

Having worked with thousands of women at all levels on different continents around the world for more than two decades, Caryn recognised common threads in the challenges all women face, which hold them back from living the life of which they dream. These challenges have been addressed in the 9-stages of the BE UNSTOPPABLE Program, with each stage building on the one before.

"It has taken a year to write and design BE UNSTOPPABLE, and we believe it is the only Program of its specific 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," comments Caryn. Caryn Walsh 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, enhance areas they struggle with and move forward confidently and optimistically.

Well known in business, Caryn coaches CEOs and senior executives in Australia and internationally and her company works across all sectors, helping leaders and organisations thrive. 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 run self-esteem and conflict resolution programs in primary and high schools," adds Caryn.

"With this new Program, as with all my work, my aim is to 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 from today.

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Notes to editor:

Further key statistics relevant to this press release are included below:

Women business operators were slightly more likely than employees or male business operators to live in regional areas of Australia (20% in inner regional areas and 11% in outer regional areas) - A Profile of Women in Business, prepared by the ABS, 2015.

In September 2017, there were 691,000 female business operators in Australia. This is up from 685,000 female business operators in September 2016 (an increase of 0.9 per cent) and up from 604,000 female business operators in September 2007 (average annual increase of 1.3 per cent) - Australian Small Business and Family Enterprise Ombudsman.

Australian women who have access to the NBN are up to 23 times more likely to start their own business at home - NBN analysis of 10 million households.

Women's confidence actually declines with experience: 27% of new female employees are confident they can reach top management; this drops to a mere 13% in experienced female employees; 67% of women said they needed more support building confidence to feel like they can be leaders. - KPMG Leadership Study.

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, 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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