



BUILDING STRENGTH AMONG WOMEN  
AND GIRLS AND THEIR FAMILIES

**ISN**  
INNER STRENGTH NETWORK



*"Inner Strength is something instilled in you. It is a determination to overcome all the obstacles that you face in life. It is the difference between excellence and failure. It is the tool to be the best you can be"*

**03303335889ex 18435012**

- Maureen Bailey FRSA LLB (Hons)

## **NETWORKING TIPS**

**Women Empowerment**

# NETWORKING TIPS

By Maureen Bailey

**N**ever Sell your self short( be fearless)

**E**xpect results( positivity is important)

**T**enacity ( Be bold)

**W**ait and work on yourself

**O**penness

**R**esults go setting

**K**now why your networking

## Our Success Stories

“I was overwhelmed with everything that was going on in my life. I had 3 jobs including a business and I was not functioning very well in any of them, I had a recent bereavement, I lost my assertiveness, problems with family and I was unfocused. I was at a low marking in my coaching assessment but now I am at a 10 where I feel great.

“ Inner strength acts as a personal cheerleader from the sidelines. The sessions allowed me to take stock of what was going on.”

- ◆ The sessions are very inspirational and educational"



## Who We Are

- ◆ **Building self esteem and confidence in women and girls**
- ◆ **Women Empowerment sessions for;**
- ◆ **BAME only sessions**
- ◆ **LGBT only sessions**
- ◆ **Mixed session male and female**
- ◆ **Professional only sessions**
- ◆ **Girls only sessions**
- ◆ **Be spoke sessions**
- ◆ **A Women empowerment sessions include a safe space for Action Learning Coaching session includes having a safe space to un-**

## Contact Us

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