

South Coast Women in Building & Construction Luncheon

Friday 23rd February 2018

Noon – 2pm

Women build strength and empowerment in 2018

Women's participation in the workforce of building, construction and allied industries has been increasing over the years and you represent a very important portion of the whole framework, which women play in the industry.

What part do you represent? Running a business in the industry? Work as a tradeswomen or an apprentice? Maybe in project/site management, business development, design, engineering, safety, compliance, contracts, HR or "just do the books" as many women relate to their role as tradies wives, but we know that they are the backbone of the business and all these roles play an integral part in all of building & construction. Come along and meet like-minded women and build strength and empowerment in 2018!

With a brand new year ahead of us, **South Coast Women in Building & Construction** understands the varying work environments we share and work in. You are the most important part of your jobs and yet we tend to neglect our own wellbeing when it comes to STRESS! Yes Stress! This may be the reason you are feeling exhausted and out of control and it may be affecting you maximizing your true productivity!

Let's give ourselves the best chance this year by finding a "Stress Resolution" now that sounds good! **Celine Healy from Stress to Success** "can take you from feeling stressed-out, exhausted and out of control, to feeling liberated, refreshed and composed. "

We are very pleased and excited to have Celine as our guest speaker to motivate you into seeking a "resolution to stress" to strengthen your inner self to be a confident, productive you!!

Understanding multiple brain integration techniques, kinesiology and kinergetics is what Celine, with her highly sort after and recognized unique approach, does best!

And you will **get the chance to win** a copy of her highly acclaimed book – "Boost Success in All Areas of Your Life." Now that is something we can all use!

Don't forget to bring your business cards

For plenty of networking & a chance to win prizes!

2 CPD points available for license holder builders & pool builders

All welcome, bring along your work colleagues, partners or staff!



WHEN: Friday 23rd February 2018

TIME: Noon – 2pm

WHERE: Illawarra ITeC - Corner Fox & Miller Streets - CONISTON

COST: \$15 pp includes lunch (discounts for apprentices – contact Maxine)

REGISTER at <https://scwib.eventbrite.com.au/> or email maxine@scwib.com.au

OR CONTACT Maxine Wiseman on 0417 372 997 or Virginia Wren on 02 4223 3100

We are proud to be partnered & supported with [Illawarra ITeC](#).

