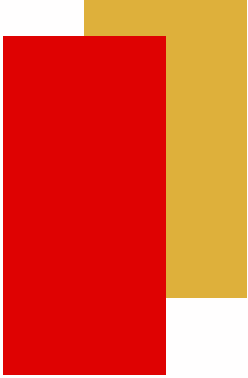




"To empower and inspire women to connect with their original, genuine and principal self and act from their own authority with optimism and courage to create their authentic life."





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Welcome

ANDREA GRAHAM

Founder of Authentic Woman

In a world that often imposes external expectations and societal norms and noise many women find themselves disconnected from their authentic selves. They can experience periods in their lives where they lose touch with their genuine desires and possess untapped potential and brilliant ideas but struggle to bring them to fruition due to a lack of clarity, courage, confidence self believe and/or various circumstances such as personal loss, life transitions, or external pressures.

Women in leadership positions often face significant responsibilities and unique challenges, which can lead to burnout and a neglect of their own self-care and well-being. They need dedicated time and space to rejuvenate, reflect on and identify the areas in their life that need development.

Authentic Woman was founded with a powerful mission: to empower women to connect with their original, genuine and principal self and act from their own authority with optimism and courage. Founded by Andrea Graham when she realised that she had lost touch with her authentic self after the birth of her 3rd son. She started her authentic journey and after 3 years of gathering tools that helped her to stay true to herself and live an authentic life, she wanted to share her story and tools to help other women to do the same. For over 20 years Andrea has volunteered her time and sponsored events that help women to tap into their unique strengths, and create a life of purpose and fulfilment.



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About us & why we do it

Personal Growth & Development



Empathy

Andrea's own journey creates a foundation of empathy and understanding for the challenges women face during significant life transitions, such as motherhood, divorce or loss. This empathy helps create a safe and supportive environment for women to explore their authentic selves.



Practical tools

The workshops and coaching offer practical tools that Andrea herself gathered over a period of three years to stay true to her authentic self. Sharing these tools can help other women navigate similar life changes, fostering resilience, and maintaining their true identity amidst challenges.



Guidance

Many women may find it challenging to re-establish their authentic selves after significant life events. Offering guidance through workshops and coaching helps women rediscover their genuine selves by providing a structured and supportive process.



Community

Connecting with other women with similar experiences, achievements, aspiring goals and success fosters a sense of community. This shared experience can reduce feelings of isolation and provide a valuable support network.



Empowerment

The training and coaching empower women to reclaim their authority over their lives. They learn how to make choices aligned with their true selves, nurturing optimism, courage, and a stronger sense of self.



Personal Growth

Going through the process of self-discovery and reconnection with one's authentic self is a powerful catalyst for personal growth. Women can develop a deeper understanding of themselves and their unique strengths, leading to increased self-confidence and fulfillment.



Life Alignment

Helping women live in alignment with their true purpose is essential. This alignment can lead to a more fulfilling life, where women feel more confident, joyful, and satisfied with their choices.

In essence, offering training workshops and coaching acknowledges the challenges women face during transformative life events, provides practical assistance, and supports them in their journey towards living authentically and purposefully.

About us & why we do it

Entrepreneurial growth and development

Offering training workshops and coaching to women, is a powerful strategy to help women start businesses and enhance their entrepreneurial spirit. Here's why:



Identifying Unique Strengths

Through workshops and coaching, women can uncover their unique strengths, talents, and passions. This self-awareness is crucial for entrepreneurship, as it enables them to leverage their distinctive qualities in building and growing successful businesses.



Overcoming Limiting Beliefs

Society often imposes limiting beliefs on women, suggesting certain roles or capabilities. Through coaching, women can break free from these constraints, realizing that they possess the skills and potential to create and lead businesses successfully.



Networking and Support

Workshops and coaching create valuable networking opportunities. Connecting with other women facing similar challenges fosters a supportive community. This network can provide mentorship, advice, and resources, greatly enhancing the chances of business success.



Purpose-Driven Businesses

Women who are connected with their authentic selves often have a clearer sense of purpose. This authenticity can drive the creation of businesses aligned with their values, making them more fulfilling and sustainable in the long run.



Boosting Confidence

Self-doubt can often hinder women from pursuing entrepreneurial endeavours. By reconnecting with their authentic selves and receiving guidance, women gain the confidence needed to take risks, make decisions, and overcome challenges that come with starting and running a business.



Embracing Flexibility

Balancing personal responsibilities, like motherhood, with entrepreneurship can be challenging. Training workshops can provide strategies for time management, adaptability, and creating a flexible business model, allowing women to pursue their entrepreneurial dreams while fulfilling other roles.



Resilience and Adaptation

Entrepreneurship requires resilience and the ability to adapt to changing circumstances. The process of reconnecting with one's authentic self and navigating life transitions through coaching cultivates the resilience necessary to face the uncertainties of business ownership.



Innovation and Creativity

Authenticity often sparks innovation. Coaching and training workshops helps women tap into their creative potential, generating fresh ideas and unique solutions that can be valuable in the business world.

By combining Andrea's personal journey with targeted training workshops and coaching, we empower women to overcome obstacles, tap into their authentic selves, and unleash their entrepreneurial potential. This approach not only benefits individual women but also contributes to a more diverse, innovative, and inclusive entrepreneurial landscape.

RESEARCH

Research shows that women, in particular, are suffering when it comes to stress at work. It also unveils a relationship between perceived success, money and mental health, indicating that the issue does not subside based on increased professional or financial success, and may, in fact, be exacerbated.

25%

Too busy to think

1 in 4 (25%) women say they are too busy to think about their mental health, despite having consistent symptoms of depression and anxiety.

29%

Fear of Judgment & loss of reputation

3 in 10 (29%) women can't open up to friends, family or colleagues about their mental health struggles for fear of judgment or loss of reputation.

42%

Mums with anxiety

42% of working mothers were diagnosed with anxiety and/or depression, compared to 28% of the general population and 25% of their co-workers without children.



Authentic Woman is for the...



Women who feel stuck, in need of fresh vision and direction and want to connect to their true self. Cultivate personal growth and self-leadership skills in a non-judgemental space.



Women wanting to focus on their self-care and wellbeing to manage stress and prevent burnout.



Mothers wanting to connect to herself and navigate her way back to the workplace, start or continue her business.



Women who have a project or business idea and want coaching support to get started.

... and the woman at an Authentic turning point in her life!

Case Studies

It's very exciting to know that Authentic Woman has played a part in the journey of women connecting with their true self and getting clarity, cultivating courage and confidence to step out and create their authentic life:



Marcia Batten

Marcia participated in an Authentic Woman Event, where she initially hesitated to share her idea. However, the encouraging and supportive environment motivated her to open up about her concept. Buoyed by the positive response, she also joined our group coaching aimed at nurturing and refining her idea into a business venture. In a span of just six months, Marcia successfully rekindled her passion for the idea and produced her collection of Silk Scarfs manufactured in Italy.

This progress led to a significant opportunity: she was offered an extended spotlight at the Authentic Woman Members and Guest Lunch, to soft launch her products.



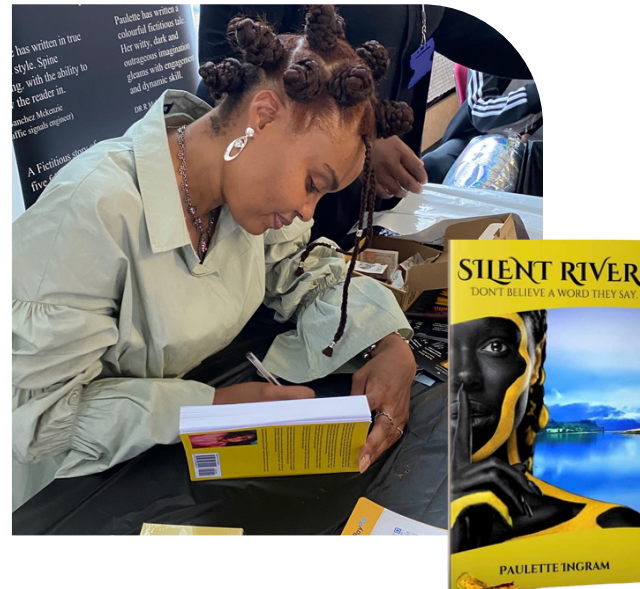
Case Studies

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Paulette Owusu

Paulette Owusu attended an Authentic Woman Workshop. For over a decade, she had nurtured dreams of writing her own novel and venturing into the world of photography through a business of her own. Empowered by her experience at the workshop and active involvement in our personalised one-to-one and group coaching sessions, Paulette transformed her aspirations into reality. She not only completed her long-awaited novel but also successfully launched it to the world. Additionally, she took the bold step of initiating her photography business all while maintaining her 9-to-5 commitments.



Case Studies

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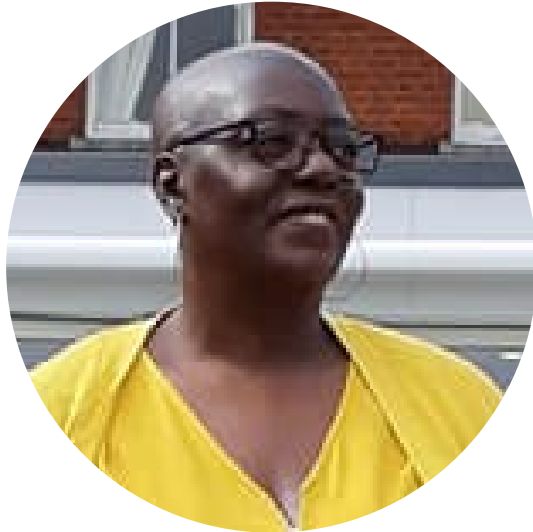
Viktorija Faith

Viktorija took part in an enlightening Authentic Woman workshop that played a pivotal role in revealing her desire to address and conquer the limiting beliefs and negative self-perceptions that were hindering her progress as a filmmaker, songwriter, and artist. Inspired by this realisation, Viktorija enthusiastically participated in a series of Authentic Woman events, including both one-on-one and group coaching workshops. As a result of her dedicated efforts, she successfully brought her film project to fruition. Her accomplishments didn't stop there, as she earned the honour of representing her country in the Eurovision competition with her own song. Additionally, her remarkable journey gained recognition when she was featured in Lithuania's most prominent magazine.



Case Studies

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Patricia Tomlinson

Patricia Tomlinson participated in an Authentic Woman Workshop. She had been creating nutritious beverages with a ginger base for her personal consumption and sharing them with friends and select family members at her workplace. However, Patricia's aspirations extended beyond this initial scope; she had a broader vision of expanding her brand of drinks. After her participation in the workshop and subsequent engagement in our one-to-one coaching sessions, Patricia took a significant leap forward. She transitioned into offering a direct service to customers, and her beverages receives growing support from the Authentic Woman community.



Event Highlight

Our events provide an invaluable opportunity for women leaders to take a step back, focus on their personal well-being, and nurture their self-leadership skills. We create an environment that fosters personal growth, self-care, and meaningful connections among women leaders.

Our training workshops and events, aim to provide a supportive community, nurturing, non-judgemental, safe and empowering space where women can find, inspiration, and the tools they need to navigate their personal, professional or start up business journeys to grow, learn, and thrive with connection, clarity, courage, confidence and authenticity.

Personal Development Activities:

Our events include bite-sized personal development activities. These moments of focused growth help attendees enhance their skills, mindset, and confidence, making them more effective in their personal and professional endeavours.

Supportive Networking:

We prioritise creating an atmosphere where lasting personal and business relationships can flourish. These connections can lead to ongoing collaborations, shared resources, and a more tightly-knit community.

Product and Service Spotlight:

Every participant at our events gets a chance to showcase their business products and services. This unique exposure increases brand visibility, generates interest, and potentially leads to new customers or collaborators.

Guest Speaker Impact:

A 15-20 minute talk from a guest speaker adds immense value. This provides fresh insights, perspectives, and inspiration, keeping attendees engaged and motivated to pursue their goals.

Delicious lunch & Free Prize Draw:

Exciting giveaways, including services and products from our network.



Our Events Venue



The Clermont London, Victoria

Designed by James Thomas Knowles and opened in 1862 as The Grosvenor Hotel. Now the Clermont, a beautiful and historic Grade II listed railway hotel is located adjacent to Victoria station and boasts links to the Circle, District and Victoria underground lines.

This is the home of Authentic Woman's central events. The location makes it easy and convenient for our members and guests to travel to from within and outer of London.

What's coming soon in 2024

It's our desire to serve women to creative and live their authentic life. Moving forward and coming soon, we are developing resources and tools to do this such as our:



ACCREDITED LEVEL 3

Authentic Self-Leadership Programme

Four modules to help women create the life they want, refurbish and manage their mindset, emotional intelligence, set internal goals and an introduction to personal branding.



GIRLS CAN!

Girls Can! are a programme of accredited workshops that support young girls/women aged 14 - 18 raise the level of expectation and aspiration for their life.

They provide activities and tools to improve behaviour, enhance their skills, knowledge and understanding in how to identify and create what they want to achieve for their life and equip them to progress confidently into their future!



Authentic Woman 25 -30's

Series of workshops, training and groups that meet the specific needs of women aged 25 - early 30's.



Authentic Woman retreat to ADVANCE

An unhurried time away that will cause you to relax and 'BE' and connect to what matters most, a time to detox your mind and re-energise.



Authentic Woman Magazine

Inspiring self-leadership with information, tips, stories to empower women to create and live their authentic life.

Including a Printed Edition for Women residing in HMP.



Authentic Woman Members AWARDS

A time to come together in celebration of recognising our community members and their individual accomplishments connect and enjoy the moment together.



Further information

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Thank you