

EMPOWERED MIDLIFE COACHING

# Quiet Voice Workshops for Women in Midlife

Confidence doesn't have to be loud. Power doesn't have to shout.

Supporting women in midlife to speak with clarity, self-trust, and calm authority—at work, at home, and in the next chapter of life.



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The Quiet Voice workshops and the accompanying materials were developed over a period of sixteen months and are rooted in the author's own lived experience. As such, The Quiet Voice workshops are both a professional and deeply personal work, created with the intention of supporting others on their journey of growth and self-discovery.

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## ***Why Quiet Voice — and Why Midlife?***

Midlife is a season of change.

Careers shift. Roles evolve. Confidence can waiver—or surge in new directions. Many women find themselves reassessing who they are, what they want, and how visible they're willing to be.

Quiet Voice workshops—aligned with the Empowered Midlife Coaching philosophy—are designed for women who are thoughtful, reflective, and ready to claim space in ways that feel authentic.

This is not about becoming louder. It's about becoming **clearer, steadier, and more self-directed.**

*Louise a*



## What Participants Will Gain

Women leave **Quiet Voice** workshops with practical tools to:

- Speak up without second-guessing themselves
- Set boundaries with calm confidence
- Communicate needs and decisions clearly
- Contribute in meetings and group settings
- Navigate ageism or being overlooked
- Manage nerves, inner critics, and people-pleasing
- Express authority without apology
- Reconnect with their values and voice

This is confidence rooted in self-respect—not performance.



## Who These Workshops Are For

Quiet Voice workshops are ideal for women in midlife who are:

- Returning to work or changing direction
- Stepping into leadership or visibility
- Rebuilding confidence after life transitions
- Feeling unheard or sidelined
- Tired of shrinking or staying silent
- Ready to advocate for themselves
- Curious about the next chapter



No acting. No hustle culture.  
No pressure to reinvent  
yourself overnight.

Just sustainable, grounded self-  
expression.

## The Empowered Midlife Approach

These workshops reflect the principles of Empowered Midlife Coaching:

- ✓ Strength-based and affirming
- ✓ Rooted in lived experience
- ✓ Trauma-aware and psychologically safe
- ✓ Inclusive and compassionate
- ✓ Practical and immediately usable
- ✓ Focused on agency, choice, and self-trust
- ✓ Designed for real-world complexity

We honour the wisdom participants already bring—and help them amplify it.



## **What Makes The Quiet Voice Different**

- Not therapy — but emotionally literate
- Not confidence training — but confidence-building
- Not performative — but deeply practical
- Not one-size-fits-all — but choice-led

It complements leadership, wellbeing, EDI, and staff development strategies without duplicating them.

## **Outcomes for Organisations**

Organisations often report:

- improved psychological safety
- earlier articulation of concerns
- more thoughtful communication
- increased retention and engagement
- women feeling seen, valued, and heard

This work supports healthy voice, not complaint culture.

## 1 Listening to the Quiet Voice



Many women sense when something isn't right, but doubt themselves or push the feeling aside. This session focuses on noticing inner signals and rebuilding trust in one's own perceptions.

Participants explore:

- early signs of misalignment or discomfort
- how women learn to override their inner voice
- recognising intuition as information, not emotion to dismiss

### **Outcomes**

- Increased self-awareness
- Normalisation of uncertainty and questioning
- Greater trust in inner experience

## I Understanding What the Quiet Voice Is Saying



This session supports women to explore what their inner signals may be pointing towards, without pressure to act or decide.

Participants explore:

- values, boundaries, and expectations
- the difference between intuition, fear, and conditioning
- how workplace culture can influence silence

### **Outcomes**

- Greater clarity about personal needs and misalignment
  - Reduced self-blame
- Stronger sense of internal authority

## I Finding Language



Many women know something is wrong but struggle to articulate it. This session focuses on developing language that feels authentic and measured.

Participants explore:

- ways to name concerns without over-explaining
  - tentative, values-based language
- articulating needs respectfully and clearly

### **Outcomes**

- Increased confidence in expression
  - Practical language tools
- Reduced fear of “getting it wrong”

## I Choosing Voice



Voice is not about speaking more, it's about choosing when, how, and whether to speak. This final session reframes voice as a strategic and self-respecting choice.

Participants explore:

- different forms of voice (speaking, writing, boundaries, silence)
- when silence protects and when it costs
- sustaining self-trust over time

### **Outcomes**

- Empowered decision-making
- Clearer sense of personal agency
- Sustainable confidence, not performative assertiveness

## Formats Available

- One-off workshops (90–120 minutes)
- Half-day or full-day programmes
- Multi-session series
- Retreat sessions
- Online or in-person
- Workplace women’s networks
- Community groups
- Coaching-informed learning events


Custom programmes available for organisations or private groups.

## Book a Quiet Voice Workshop

Let’s create something that supports the women in your organisation, network, or community.

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