

Release & Reclaim: Confidence, Boundaries, and Authority at Work

A Women's Day workshop that helps women let go of what weighs them down, and reclaim how they show up at work

90-120 MINUTES



Programme Overview

Women professionals often navigate unspoken expectations at work- to be agreeable, accommodating, and composed, sometimes at the cost of clarity, visibility, or confidence. Over time, this can manifest as hesitation, self-doubt, or people-pleasing behaviours that quietly impact communication and professional presence.

Release & Reclaim is a thoughtfully designed Women's Day workshop that creates space for reflection whilst equipping participants with practical tools to respond with clarity, confidence, and authority in everyday workplace interactions.

The session blends structured reflection, behavioural frameworks, and language-based skill-building to ensure the experience is both meaningful and business-relevant. This workshop allows organisations to celebrate Women's Day not just as a moment of recognition, but as an opportunity to support women's professional growth in a tangible and lasting way.

Why This Workshop Matters?

The Challenge

Women often carry unspoken pressures at work — patterns that quietly affect visibility, communication, and confidence in professional settings.

Our Approach

This workshop addresses these realities by normalising common challenges faced by women at work, creating awareness without emotional overload, and translating insight into practical, workplace-ready behaviours.

The result: A purposeful Women's Day initiative that moves beyond celebration to equip women with practical frameworks, clear language, and behavioural tools they can apply immediately in their workplace interactions.

Learning Outcomes



Recognise Internal Barriers

Identify patterns of self-doubt and people-pleasing that affect professional presence



Apply a Clarity Framework

Use a simple structure to respond with confidence under pressure



Set Professional Boundaries

Employ language that establishes boundaries without creating conflict



Navigate with Intention

Approach workplace interactions with heightened self-awareness and purpose



Communicate with Authority

Express ideas with greater confidence and professional gravitas

Methodology



Interactive Activities

Guided reflection exercises designed to surface real workplace experiences and create meaningful awareness



Paired Application

Individual and partner exercises that allow practice in a supportive, low-stakes environment



Behavioural Framework

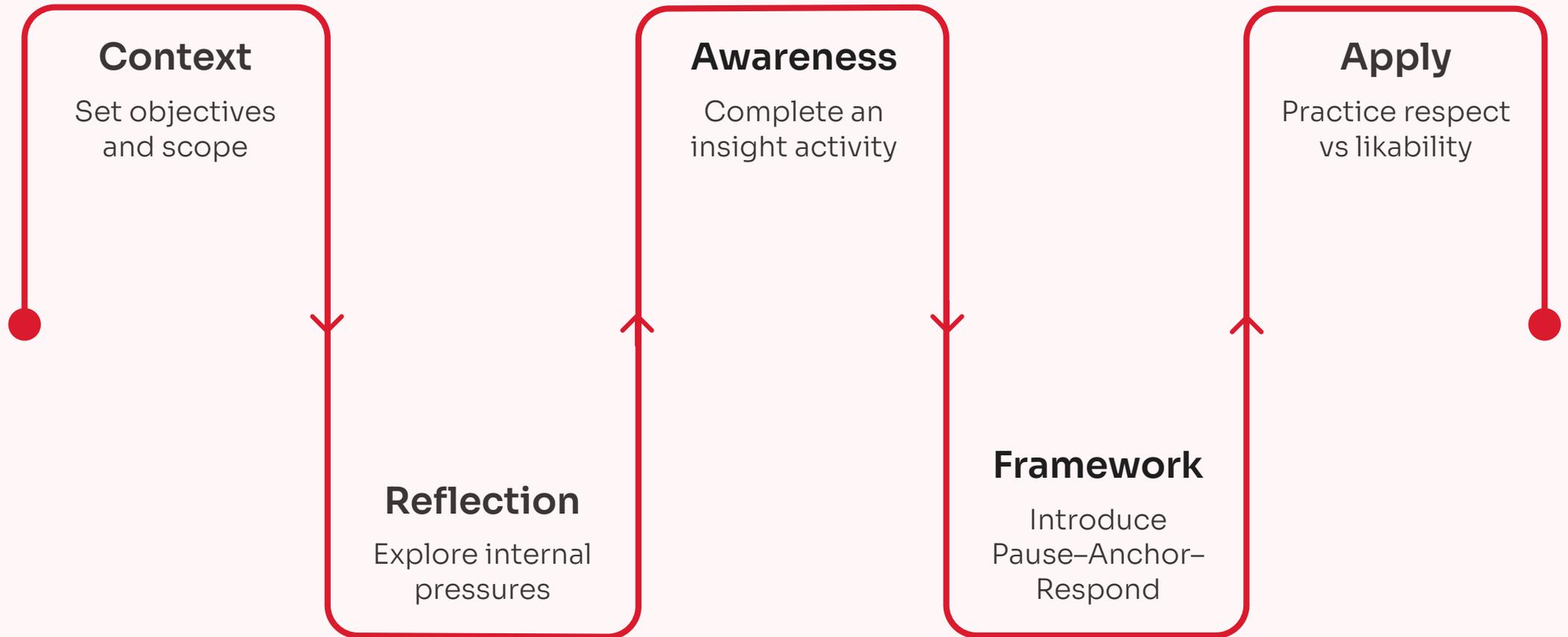
A clear, actionable structure participants can apply immediately in professional situations



Language Toolkit

Practical phrases and scripts for boundary-setting and commanding professional presence

Indicative Session Flow



The flow can be adapted based on time constraints and specific organisational requirements to ensure maximum relevance and impact.

Key Takeaways

Participants leave equipped with tools they can immediately apply in their professional lives:

Practical Framework

A clear structure to navigate challenging workplace moments with composure and clarity

Ready-to-Use Language

Specific phrases and scripts for meetings, emails, and difficult discussions

Pattern Recognition

Increased clarity around personal communication patterns and professional habits

Inner Authority

A cathartic feeling, and stronger sense of professional presence and confidence in workplace interactions

Duration, Format & Pricing

Duration

90–120 minutes

Adaptable based on organisational needs and available time

Format

In-person or Virtual

Fully interactive regardless of delivery mode

Group Size

Flexible capacity

Designed to work effectively with various group sizes

Pricing:

Commercials can be discussed over a call and will be based on delivery format, and customisation requirements.

Optional Add-On: Organisations may also opt for a 2-day follow-up group/1:1 coaching intervention focused on reinforcing behavioural insights, communication choices, and boundary-setting language discussed during the workshop.



Facilitator

Harshita Agarwal

Corporate learning consultant and soft skills trainer specialising in business communication, professional presence, and early-career readiness.

With over 1,000 hours of training delivery experience across corporate and academic settings, she has worked extensively with women professionals and early-career talent on building confidence, clarity, and assertive communication at work. Harshita designs and facilitates learning experiences that are reflective, practical, and aligned with real workplace challenges. Her approach combines behavioural insight with actionable frameworks.

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A Thoughtful Way to Celebrate Women's Day

By supporting women professionals to operate with greater clarity, confidence, and impact at work.

This workshop transforms Women's Day from a symbolic gesture into a meaningful investment in your team's professional development and workplace culture.