

## **Testimonials from Women on the Move participants**

### **General reactions to the program**

The program was amazing, energizing, thought provoking, inspiring, supportive. Lots of new information; new ways of thinking.

Lila, Project leader

Fantastic program! I'm a very introverted person and I generally keep to myself, but this was a good opportunity to meet with like-minded individuals at various stages of their career but all going through the same challenges. It was a good chance for deliberate reflection and coaching; a time that I could specifically take out for myself and my development.

Emma, Communications Manager

Thank you once again for all your support. Your Women on the Move sessions were so enriching and empowering and while they only involved a handful of sessions, they had an enormous impact on me. I benefitted more than I would have thought possible.

Mei Ling, Creative Director

The program was enjoyable and engaging. It has reinvigorated my motivation/drive at work.

Anna, Head of Forensic Investigation

It exceeded my expectations. The honesty which each session drew out was really eye-opening for me.

Sach, Digital engagement manager

It was a program that built momentum, all coming together in the final session. It had much more personal impact than I had anticipated.

Julia, Operations manager

This is the best program I have attended in my 12 years working in this organization.

Lanh, Client Manager

I loved the whole program. It was tailored to my specific area of need. By me. For me.

Lucinda, Product specialist

This program is like no other I have attended. It's truly unique. The program content is great.

Danielle, Group Operations

It made me proud to be an employee of a company that would offer a program like this; really intended to help employees grow.

Suzanne, Communications

### **How people have used what they learned**

I came to the course requiring direction in my career. Amy provided me with the skills and confidence to take the next step.

Holly, Change Associate

I'm definitely re-thinking my authentic personal brand – “authentic” being the key word.  
Jody, Technology Leader

I've learned how to question myself; to self-explore. That “wall” is no longer there. I now know what I need to look at; areas to target and types of questions to ask.  
Jane, Manager Business Strategy

This program has been of great value - it has helped define my goals, my personal brand via strengths.  
Irina, Commercial Business Manager

What a positive way to connect with the amazing women we have across the business! Great opportunity to reflect and remind ourselves of the positive intent we bring to work.  
Kate – Risk Analytics

I have a clear focus on what I need to do to be the best I can be. This course has given me the skills and allowed me the time to focus on my biggest asset – me!  
Lakshmi, Learning and Development

Excellent – exceeded my expectations and has given me not just ideas of how to achieve my goals but tools/confidence to do so.  
Amanda, Legal and Compliance

Women on the Move is a fantastic program and really helped me to think about and apply the skills I need to be successful professionally.  
Alicia, Internal communications

I now have a great tool to use with my staff when I'm having development discussions.  
Kristi, Finance Manager

It was a perfect balance of learning and sharing and it was invaluable meeting these wonderful women. It has given me my own voice, and so much confidence. I am embracing who I am, not what I think I should be.  
Briana, Group Audit

**Just wonderful.** Very comprehensive and relevant information. I definitely learned tools I will use in the future. It was transformative.  
Anna, Operations Support Manager

One of the biggest benefits was that I was able to connect with the other women in the program. This was invaluable and will help collaboration and efficiency across business units.  
Carolina, Customer Contact Centers

I learned to embrace my strength and to use it to improve my brand.  
Stephanie, Contact Centre Manager

It is really useful for me; especially in terms of networking and finding my sponsorship!  
Keren, Agribusiness manager

### **Comments on the format of the program**

LOVE!!! the format. Really fits well into our busy working weeks. It allows time for reflection and execution. Delivery and communication between sessions was very informative and helpful.  
Beth, Bank Manager

Perfect length of time to maintain focus.  
The space of time between each session allowed me to go back and reflect on lessons learned and to apply the principles.  
Judy, Accountant

The distance of time between each session was great. Gives you time to reflect between sessions and not feel overwhelmed with the work that you need to do as many of us are busy.  
Zoe, Project manager

The homework was enough to make you focus but not so much that it was a burden. Content was great and bringing it all together at the end was incredibly valuable and inspiring.  
Tsae – Specialist Finance Services

### **Comments about Amy**

Delivery was perfect. Amy, you're such a warm and friendly personality. I felt instantly comfortable and could see that you genuinely care for all of our stories and journeys.  
Fiona, Executive Manager, Operations

You are highly energetic, enthusiastic, warm and open. You bring out a level of discussion that adds enormous value to the group.  
Appreciated the "outside session time" to catch up and discuss ideas.  
Sue, Project Manager

Thank you so much Amy, you were great and I really appreciate your time and insights. Thank you for giving me the support and coaching to take on the next challenge.  
Kim, Human Resources

Excellent delivery. You were receptive and responsive to the ebb and flow of each participant's development journey/conversations between participants/areas of specific interest.  
Many thanks – I was really engaged during the sessions Your follow-through was very helpful – emails are really handy.  
Ruth, Local Business Banker

I loved the style. Very safe, caring, inclusive delivery. Perfect for women.  
Christina, Business manager

You were fantastic, always shared some true real life stories and experiences that helped me understand exactly what you were talking about.  
Niloo, Design program manager

Amy you have been a delight! I have enjoyed every single session, your positive attitude is infectious and you really understand the way to get a group to collaborate and open up.  
This program was a great opportunity to meet strong women across the business and collaborate

with people we may never have.  
Vicky, Team Manager

The delivery was great. I particularly like the examples you gave of other participants, the things they were working on, the actions they took and the ultimate outcomes. These were relatable and good role-modelling.  
Marianne, Sustainability Manager

Amy was always so present, vivacious and available 24/7 for feedback and to troubleshoot ideas. She went above and beyond to help us focus and to clarify our specific goals.  
Marie – Commercial Banker

I like your delivery style. It is important that people feel comfortable given the topic, and the way you deliver makes it safe. The stories are a great help in that regard.  
Judy, Institutional Credit

Amy, your delivery is great. You are so engaging, and one can feel your passion to share. The insights and examples you provided were inspiring. You have a huge wealth of experience.  
Rosa, Corporate Relations

### **Favorite parts of the program**

I loved the discussion around knowing and pursuing your strengths. Also, the idea of sponsor/s - this appealed and seemed more practical than just networking.  
I really loved your openness, warmth, vast experience and willingness to share so much.  
Megan, Corporate Affairs Manager

The session on courageous conversations was really valuable as it was a topic that took me out of my comfort zone. I will take the concept of “clean intent” and creating a safe space into all aspects of my life.  
Sally, Foundation Manager

So many things landed for me:

- Focusing on my strengths, not my weaknesses (this concept was so liberating !!)
  - Define what I stand for
  - I have the power to create my own career/work environment/job that I love
  - Setting aside time to visualise and reflect
  - But the most powerful was the final session ... when I was very encouraged to take real action and make change. I am genuinely committed to positive personal change. Thanks.
- Susan, Institutional Banker

I loved the session on difficult conversations. I found it useful and have used the strategies you taught me already. I have confidence to recognise the symptoms of feeling threatened and why that is happening. It actually calms me down. I also really appreciated your guidance during my role change - it was really great to speak with you and get your ideas about the "transition" phase. I have confidently transitioned into my new role now and I feel like things are getting better and better each day.

Catherine – Corporate Affairs Manager

I learned about the importance of values and being authentic. This has been a big thing for me. I want to know that I can do and be myself my way, being true to who I am and what I want to achieve.

Janette, Director eCommerce

It was a great program, and also enabled me to get to know many other women on our organization who I otherwise would not have met or interacted with.

Bridget, Sustainability

The courageous conversations piece really helped me get through a difficult time in my team/with peers.

Beth, Risk manager

The session on mentoring and sponsorship was really valuable. I have had both, but the program has taught me how to really utilize these resources.

Eleanor, Marketing and Brand

Goal setting: I will try to add the RIPE principles into life in general rather than always feeling I cannot control my destiny.

Colleen, Specialist Sales Representative