



LEAP WRQ

Leading Effective Action Program
for Women in Regional Queensland

Accelerate Your Potential

Bowen | Clermont | Biloela

Program Case Study: Mandy Neill (Clermont)

Participant Background

After working in casual employment, Mandy was interested in going back to a more permanent office job – but had been holding herself back. With the idea that your employment prospects drop when you get to a “certain age”, and also not completely confident in her abilities, Mandy thought that she was at a point where she would just have to accept the work situation she had – instead of going for what she wanted.

LEAP WRQ Experience

When Mandy first heard about LEAP WRQ, she had never been a part of a personal development program – and found the experience to be hugely

beneficial. As well as practical elements, such as updating her résumé with a focus on her strengths and coaching on interview preparation, Mandy found a lot of benefit in the change of mindset and focussing on positivity that participating in LEAP led her to. Another bonus was being able to complete the program without leaving home – including face to face elements in Clermont, complemented by the online components.

“One key lesson from LEAP was to *believe in myself.* Other people do, but I didn’t.”

Program Results

Gaining confidence in her strengths and abilities, alongside the practical help and the individual coaching sessions, opened up Mandy to applying for a role that she would never have actioned previously – and she got the job! With that hurdle out of the way, Mandy has also found that the confidence gained during the LEAP program has enabled her to have an “I’ve got this!” approach, as well as a more open mind in her new job. This confidence also gave Mandy the strength to negotiate around her new role – something that she has never felt comfortable doing before.

“I’ve just started my new job and have been feeling a bit overwhelmed at times. Normally I would have come home and asked myself ‘What have I gotten myself into?’. But now I’m asking questions such as ‘Can you please go through that again to help me learn?’”

Finding the courage to apply for a new job has not only helped Mandy, but also she can see the advantages that her considerable experience will bring to her new employer. Other highlights from her LEAP experience include meeting like-minded people, building confidence by having someone ‘on your side’ and having the courage to say ‘no’ if something doesn’t suit her.

“Don’t let age be a barrier – *believe in yourself* and what you bring to the table.”

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