



LEAP WRQ

Leading Effective Action Program
for Women in Regional Queensland

Accelerate Your Potential

Bowen | Clermont | Biloela

Program Case Study: Ridhi Gupta (Biloela)

Participant Background

Taking time off to juggle family commitments had led to a résumé that Ridhi was not particularly proud of. The gaps in her employment and changing of industries, to suit the needs of her family and also her desire to try new career paths, made her feel like she had “done something wrong”. Alongside this, Ridhi had a strong desire for mentorship and guidance – something that she had struggled to find since moving to Australia and settling in Biloela.

LEAP WRQ Experience

After reading a flyer about the LEAP WRQ program, Ridhi was convinced that this could be the mentoring opportunity that she had been searching for – and it was!

While Ridhi had participated in a personal development program during her post-graduation studies in India, it had not been focused on mentorship, connection and leadership – which came in abundance with the LEAP program. She was also overwhelmed by the level of positivity and confidence that the program inspired, for both her and the other participants whom she got to know.

“All of the materials the program provided contained vital information and the content was very relevant – I remember eagerly *looking forward* to receiving the workshop slides so I could add their positive content to my vision board!”

Program Results

A “patchy” résumé and being doubtful of her own capabilities had led Ridhi to having “impostor syndrome”. Through LEAP, she has built confidence in her abilities, gained clarity around what career path she wants to commit to and connected with people from all different backgrounds who might be able to support or assist her. No longer feeling the need to hide her different career paths, Ridhi is now proud of her diverse experiences and the value that she can bring to a group or workplace – including the Flourish Festival committee.

“Overcoming negative inner dialogue and changing my mindset has opened me to new opportunities, and I *feel more confident* to expose my strengths.”

Thanks to the professional and personalised mentorship throughout the program, Ridhi not only feels more confident in herself – but also in the decisions that she made during the program. The opportunity to hear other people’s career goals and stories was also inspiring, helping Ridhi to have her own career “aha” moment during one of the workshops.

“It was through LEAP that I was able to realise that I need to do what I want for *myself* – and there is nothing wrong with me making decisions based on what I want in life.”

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