

TOMORROW WOMAN

PRESS

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OUR MISSION
IS TO RAISE THE UNAPOLOGETIC
VOICES OF ALL WOMEN.



Since its foundation in 2017, Tomorrow Woman has had a profound impact on young women across the country with many women reporting that they feel less alone and more confident to be their true self after attending the workshop.



Tomorrow Woman is a social enterprise that develops skills in women to rise above the pressure of societal expectations.

Overall young women experience mental health problems at two to three times the rate of young men, with domestic and sexual abuse a key factor behind this difference.

At Tomorrow Woman we facilitate workshops to challenge unrealistic expectations, placed on women empowering them to take up space, use their voice and live unapologetically.

We offer preventative interventions and work upstream from mental health professionals giving participants the tools needed to proactively share what's going on for them, build stronger supportive networks and feel comfortable asking for help when they need it.



FACTS+ FIGURES

TOMORROW WOMAN

2,627 workshops run
as of 10 Apr 2024

77,449 people reached
as of 10 Apr 2024

STATE OF WOMAN*

Suicide is the leading cause of death

in young people in Australia aged 15-24.

7 in 10 girls

believe they are not "good enough".

1 in 3 women

will experience anxiety.

1 in 6 women

will experience depression.

90% of young people

in Australia have some concern about their body image

92% of women

would change the way they look.

Only 22%

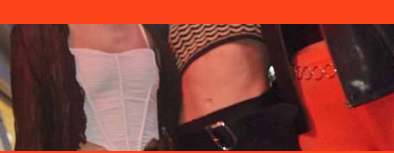
of Australian CEO's are women.

Men earn \$263.90 more

per week than women.

*<http://surl.li/slhfp>
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UNFORGETTABLE



UNFILTERED

FEMININE



INNOVATIVE



GRIT



REAL



VOICE



AGENCY

DYNAMIC



ALWAYS

UNSHACKLED

EVOLVING



TOMORROW WOMAN WORKSHOPS

WE RUN TWO-HOUR IMMERSIVE WORKSHOPS, IN SCHOOLS, SPORTING CLUBS AND WITHIN THE COMMUNITY, FOR WOMEN (AND THOSE THAT IDENTIFY AS A WOMAN) AGED 16 AND UP, ALL ACROSS AUSTRALIA.

The sessions provide safe and non-judgmental spaces for women to explore their experiences of womanhood by challenging stereotypes and unpacking the expectations placed on them by family, society and their peers.



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95%

said that they think the skills learnt, and themes discussed in this workshop will change their life for the better.

96%

said that they feel a greater sense of responsibility to their school friends, and other women in their life. A responsibility to change the narrow stereotypes and the negative impact they can have on women.

OUR

IMPACT

87%


said that they think they will be able to deal with the pressures from those gendered expectations and narrow stereotypes in a better, and healthier way.

92%

said this workshop broadened their awareness of the impact that gender expectations can have on women.

A black and white photograph of a group of young women in a room, possibly a school or community center. They are standing in a circle, hugging each other. The room has posters on the wall, a clock, and stage lights. The text is overlaid on the left side of the image.

**RESEARCH SHOWS THAT
YOUNG WOMEN RESPOND
WELL TO SUPPORTS THAT
ARE PEER-DRIVEN,
TRAUMA-INFORMED, AND
RUN BY AND FOR YOUNG
WOMEN.***

A large, stylized orange graphic element consisting of two curved shapes, resembling a stylized 'W' or a pair of brackets, positioned to the left of the text.

Tomorrow Woman's signature workshop, Her Code, is currently being evaluated by Monash University to understand the impact of the program.

The outcomes of the research will inform the refinement of the program and its adaptation to the needs and contexts of different schools



*Agenda Alliance UK - Women by my Side project



**WOW! TONIGHT WAS EXCEPTIONAL.
THE WAY YOU LADIES CARRY
YOURSELVES AND SHOW UP WITH
THE ABILITY TO ALLOW US ALL TO
FEEL SAFE, SEEN AND SUPPORTED.
THANK YOU FOR COMING TO OUR
COMMUNITY! EVERY SINGLE
WOMAN IN THE WORLD NEEDS TO
EXPERIENCE THAT ONCE IN THEIR
LIFETIME.**

- Tomorrow Woman Workshop Participant

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OUR TEAM

DISRUPTORS

PAIGE CAMPBELL CO-FOUNDER + CEO

Growing up in the southeastern suburbs of Melbourne, Paige found herself in a unique position as one of the few children at her school being raised by a single mother. In her world, single mothers faced harsh judgement, women were objectified, and conforming to the expectations of being a 'good girl' was the norm. Yet, amidst these challenges, Paige's rebellious determination and her mother's unwavering commitment to equality encouraged her to envision a different path for herself and aspire to create the same opportunities for those around her.

This led Paige to pursue a life and career that is diverse and colourful. An experienced professional, weaving her extensive knowledge in psychology, social work, counselling, and learning + development to create impactful changes in society. Earning her undergraduate degree in Psychology and a Masters in Counselling, she stepped into the world of child protection, working with vulnerable young people and with women escaping family violence.





Paige's journey took a transformative turn when she and her best friend embarked on a cycling expedition from Laos to Cambodia, raising awareness and funds for female victims of trafficking. This adventure led her to empower women through leadership programs and to work at an HIV orphanage in Cambodia.

Paige's commitment to women's rights fueled by her own lived experience, gave birth to Tomorrow Woman—a safe space for all women+ to gather. Exchanging stories and collective wisdom, over 77,000 women have learnt the tools to amplify their own voices, beyond the noise of societal expectations.

Aligned with **Tomorrow Man**, her vision is a world where gender equity is not a dream but a reality. In addition, she is the director of **Tomorrow Architects**, where she supports the strategic direction and all things people and culture.

Driven by her passion, Paige continues to advocate for all women+ , supporting them to transform their lives and create their own tomorrow for themselves and future generations.



OUR EXPERTISE

All facilitators undergo rigorous training, including Mental Health First Aid, Suicide Risk Training (ASIST), Cultural Diversity, Lighthouse Trauma-Informed Training, Disclosure Management. And 4 weeks of professional in-house learning and development per year, to ensure safety in navigating the complexities of human emotions and group dynamics.

We are skilled at creating safe, non-judgemental spaces for connection, which enables challenging and emotional topics to be discussed in a safe, productive and respectful way.

Tomorrow Woman's facilitation approach is centred around enabling participants to uncover their own answers by creating an environment that promotes personal discoveries about behaviours and traits and supports participants to evaluate if these are the most constructive and healthy for them.



HOW TO GET INVOLVED

BOOK A WORKSHOP

You can book a workshop for:

- Your school:
For students, teachers, and parents. It's what teachers and parents continuously tell us: "I wish I had this growing up."
- Your sporting club:
More Than The Game Workshop
Any sport, any sporting club, disrupting outdated stereotypes of women, and help them to develop their most powerful voice in life and sports.
- Your women's community group:
'Every Woman' Program
A two-hour workshop that meaningfully brings together women of all ages for powerful conversations.
- Your workplace:
'Every Woman' Program Whether it's the entire business, just your department, or the management team.
- For Mothers: Motherload is judgement-free space to be HEARD. Timeout to practise taking off your 'mum' hat, and the internal and external pressures and expectations that come with it.

All our workshops can be run virtually, or face-to-face.

ATTEND A WORKSHOP

If you hear of a workshop happening within your workplace, community or sporting club, put your hand up for it, you won't regret it.

DONATE

If you cannot attend a workshop, or loved it so much that you want to provide that opportunity to others, you can donate to our funding partners who help to make our workshops possible.

Gotcha4Life

gotcha4life.org/donate

Your support can power more presentations, workshops and training programs focused.

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CONTACT US

GOT QUESTIONS?
WE'D LOVE TO HEAR FROM YOU.

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