

Empowering women in construction, manufacturing & distribution to LEAD

A 10-month leadership development program tailored to the unique challenges and opportunities women face in construction, manufacturing & distribution - combining real-world insights, actionable strategies and a supportive learning environment to help you succeed.

THE OPPORTUNITY

We have an opportunity to shape the future of construction, manufacturing & distribution

We can EMPOWER women to confidently fill essential roles and consistently develop top talent.

THE PROBLEM

Challenges women face in construction, manufacturing & distribution



Underrepresented

Women represent 11% of the industry. There are fewer examples of what women in leadership looks like, and women are not always prepared to lead other women.



Imposter Syndrome

Women will doubt their capabilities despite their achievements. Those entering the industry may feel intimidated or undereducated compared to their male counterparts.



Career Path Clarity

Women want to see that there is a clear path toward advancing their careers and growing professionally.



Mentorship vs. Sponsorship

Women receive sponsorship only half as often as they receive mentorship. They often mistake one for the other and don't advocate for themselves.



Schedules

Women are often the primary caregivers for their families and may lack flexibility in their schedules beyond the standard work-day hours.



Focused Training

Most training does not take into consideration the barriers and challenges women face.

WHAT IT IS

What is the Empowered program?

A transformational leadership journey designed specifically for women in construction, manufacturing & distribution. Through interactive workshops, peer collaboration, and personal reflection, participants grow in confidence, clarity, and competence - developing practical strategies to overcome industry barriers and lead with authenticity.

Women who communicate with confidence, navigate challenges with resilience, and design meaningful, sustainable career paths in construction, manufacturing & distribution.

THE JOURNEY

The Empowered roadmap

WHAT'S INCLUDED

The Empowered program



Leadership Workshops

Build self-awareness, develop your leadership voice, strengthen conflict and negotiation skills, lead through change, and design your career path.



Core Group Calls

Work with peers to process learning, share experiences, and gain feedback in a trusted space.



Peer Processing Lunches

Connect with peers in more relational settings to go deeper and apply key insights and tools to practical, on-the-job situations.



Networking & Social Events

Build lasting relationships across roles and organizations as you meet fellow leaders in the industry.



Online Platform & Resources

Access resources, exercises, and key materials throughout your journey, plus optional on-demand training.

WHY IT MATTERS

The benefits of Empowered

- ✓ Equips women to step into leadership with confidence.
- ✓ Builds influence through authentic communication.
- ✓ Creates clear career paths with mentorship and sponsorship.
- ✓ Helps overcome imposter syndrome and limiting beliefs.
- ✓ Strengthens skills in conflict, negotiation, and change.

QUICK FACTS

Quick Facts about Empowered

WHAT IS EMPOWERED?

Long Table's 10-month leadership development program for women in construction, manufacturing & distribution - designed to build confidence, competence and effectiveness.

FORMAT

Six leadership workshops, core group calls, peer processing lunches, networking and social events, plus an online platform with resources.

DURATION

10 months, in a cohort of peers who journey with you.

LEARN MORE

Download the Empowered flyer or contact Long Table through the contact form to join the next cohort.

WHO IS IT FOR?

Women in the construction, manufacturing & distribution industries - across roles and organizations - who want to grow as leaders.

THE WORKSHOPS

Self-Awareness, Imposter Syndrome, Discover Your Voice, Conflict Resolution & Negotiation, Change Management, and Career Advancement.

WHO DELIVERS IT?

Long Table, an award-winning metro Atlanta consultancy. Linnea Miller is a certified coach in Empowered Women in Construction, Manufacturing & Distribution, 5 Voices and MBTI.

HOW TO ENGAGE

Schedule an introductory conversation - 25 minutes, virtual, no obligation - or send a message through the contact form.

Join the next Empowered cohort

For more information on Empowered and how to join the next cohort, reach out through our contact form and Linnea will get in touch with you.

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