Hera

Helping Empower Women through Reskilling and Advancement

HERA Labs: Learn. Support. Grow.

For women 45+

A safe, empowering space to reconnect with yourself and others.

What are HERA Labs?

Innovative learning and support communities based on mutual aid where women help each other grow, learn, and take action.

What happens in a Lab?

- Experiential & participatory sessions
- Confidence building & self-awareness
- Upskilling and reskilling opportunities
- Peer learning and mutual support

Connected to the community

Links with local organisations, training providers, and employers to open paths for education, volunteering, and work.

Your outcome

A Personal Action Plan your own roadmap for the next steps in your life.

Above all...

HERA Labs are about empowerment, mutual aid, and strong local ecosystems.

Join the HERA Labs, rediscover your strength through solidarity.

Follow us to find out more!

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