

BUILDING WOMEN. BUILDING SKILLS. BUILDING LEGACIES.

IRON ROSE



— WOMEN IN THE TRADES MOVEMENT —

START HERE *Guide*

5 STEPS TO START YOUR SKILLED TRADES JOURNEY

Your Journey.
Your Skills.
Your Future.
Built by You.



DISCOVER
THE TRADES



PLAN YOUR
NEXT STEPS



GET TRAINING
& CERTIFIED



FIND JOBS &
OPPORTUNITIES



BUILD YOUR
LEGACY



For Women ♥
READY TO BUILD THEIR SKILLS,
THEIR CAREERS, AND THEIR FUTURE.



IRON ROSE
CONSTRUCTION GROUP
BUILDING • MAINTENANCE • SOLUTIONS

FAITH ♥ FOCUS ♥ SKILLS ♥ SAFETY ♥ SISTERHOOD ♥ SUCCESS



IRON ROSE

— CONSTRUCTION GROUP —

BUILDING STRENGTH WITH GRACE



ABOUT *This Guide*



Your first step toward a career in the skilled trades starts here.

This guide was created to help women explore career opportunities, build confidence, identify training pathways, and take practical steps toward a successful future in the skilled trades.

We believe every woman has the strength, determination, and purpose to build a career she can be proud of. You don't have to have all the answers right now. You just need a place to start—and that's what this guide is here for.



INSIDE THIS GUIDE YOU'LL LEARN HOW TO:

- 1  Discover career opportunities
- 2  Identify your strengths
- 3  Build the right skills
- 4  Connect with resources
- 5  Create an action plan

REAL SKILLS.
REAL OPPORTUNITIES.
REAL FUTURES.

You have what it takes.

Let's build your future—together.



WELCOME TO YOUR SKILLED TRADES JOURNEY

You don't need to have it all figured out to start a career in the skilled trades. You just need a place to start.

This guide was created to help you understand your options, recognize your strengths, and take your first steps toward a skilled trades career with confidence.

— WHAT THIS GUIDE WILL HELP YOU DO

- 1 Know Your Strengths
- 2 Explore the Trades
- 3 Build Your Skills
- 4 Build Your Network
- 5 Take Your Next Step

You have what it takes.

Let's build your future—together.

STEP 1

KNOW YOUR STRENGTHS

You already have strengths and skills that can take you far in the skilled trades. This step is about recognizing what you're good at, what you enjoy, and what makes you unique.

Your strengths are the foundation of your future.



COMMON STRENGTHS



Strong work ethic



Problem solving



Teamwork



Attention to detail



Mechanical aptitude



Willingness to learn



Dependability



Leadership



Communication



REFLECTION QUESTIONS



WHAT DO YOU ENJOY DOING?

Think about tasks that make time fly.



WHAT ARE YOU GOOD AT?

What do others often come to you for?



WHAT CHALLENGES HAVE YOU OVERCOME?

Your past can show your strength.



WHAT ARE YOUR GOALS?

Where do you see yourself in 1 year?
5 years? 10 years?



WHAT KIND OF IMPACT DO YOU WANT TO MAKE?

Who do you want to help or inspire?



YOU ARE *capable*. YOU ARE *strong*. YOU BELONG HERE.

There is a place for you in the skilled trades. Keep building on your strengths and stay open to new opportunities.



STEP 2

EXPLORE THE TRADES

The skilled trades offer many career paths, each with different work environments, responsibilities, and opportunities. Some jobs involve building structures, while others focus on repairing equipment, operating machinery, maintaining critical systems, or keeping people safe. Learning about the different trades will help you discover which path best matches your interests and strengths.

EXPLORE THESE TRADE CATEGORIES

- ✓ Construction & General Trades
- ✓ Electrical
- ✓ Plumbing
- ✓ HVAC
- ✓ Welding
- ✓ Carpentry
- ✓ Heavy Equipment Operation
- ✓ Industrial Painting
- ✓ Millwright
- ✓ Wind Turbine Technician
- ✓ Construction Safety
- ✓ CDL & Transportation Support

**REMEMBER**

Every trade is important.

Every skill is valuable.

The key is finding the path that fits **YOU**.

STEP 3

BUILD YOUR SKILLS

Skills open doors. The more you learn, the more opportunities you create. Start with the basics, keep practicing, and never stop growing.



WAYS TO BUILD YOUR SKILLS



EDUCATION

High school, GED, college, and trade schools give you the foundation you need.



CERTIFICATIONS

Certifications show employers you have the knowledge and commitment.



HANDS-ON TRAINING

Practice is powerful. On-the-job training builds confidence and experience.



ONLINE LEARNING

Free and low-cost courses can help you learn at your own pace.



MENTORSHIP

Learn from those who have been where you want to go.



SAFETY TRAINING

Safety is essential in every trade. Get trained. Stay protected.

— “ —
**YOU DON'T
HAVE TO BE
GREAT TO START,
BUT YOU HAVE
TO START TO
BE GREAT.**

— ” —



SKILL BUILDING TIPS

- ✓ Set small goals.
- ✓ Be consistent.
- ✓ Ask questions.
- ✓ Take every opportunity to learn.
- ✓ Don't be afraid to start over.



REMEMBER

Every expert was once a beginner.



STEP 4**BUILD YOUR NETWORK**

Your network can open doors, share opportunities, and help guide you along the way. You don't have to do this alone.

Surround yourself with people who support, encourage, and challenge you to grow.

**WAYS TO BUILD YOUR NETWORK****1. CONNECT WITH OTHERS**

Introduce yourself. Attend events, job fairs, and community gatherings. You never know who you'll meet.

**4. JOIN PROFESSIONAL GROUPS**

Become part of organizations and online communities for women in the trades.

**2. FIND A MENTOR**

Seek out someone with experience who can offer advice, support, and real-world guidance.

**5. STAY CONNECTED**

Follow up. Send a thank you. Keep in touch and offer help when you can.

**3. BUILD REAL RELATIONSHIPS**

Be genuine. Listen. Show up. Strong relationships are built on trust and respect.

**6. SUPPORT OTHER WOMEN**

Lift others up as you climb. Together, we rise and create more opportunities for all.

**NETWORKING REMINDERS**

- ✓ Be respectful.
- ✓ Stay professional.
- ✓ Offer value to others.

“ *The right connection at the right time can change your life. Stay open. Stay ready. Stay connected.* **”**



YOUR NETWORK IS YOUR NET WORTH.

BUILD IT. NURTURE IT. GROW TOGETHER.

STEP 5

TAKE YOUR NEXT STEP

You've explored the options, identified your strengths, started building your skills, and connected with your people. Now it's time to take action.

Small steps today lead to big opportunities tomorrow.



ACTION STEPS TO MOVE FORWARD

**1. SET A GOAL**

Decide what trade or skill you want to pursue. Write it down and make a plan.

**2. CREATE A PLAN**

List the steps you need to take. Include education, training, certifications, and job targets.

**3. TAKE DAILY ACTION**

Do something every day that moves you closer to your goal. Consistency is key.

**4. TRACK YOUR PROGRESS**

Celebrate small wins. Adjust your plan as needed. Keep moving forward.

**5. PREPARE YOURSELF**

Build a resume. Practice interviews. Dress for success. Be ready when opportunities come.

**6. APPLY & FOLLOW UP**

Apply for jobs, apprenticeships, and training programs. Follow up and show your interest.

**7. ASK FOR HELP**

Don't be afraid to ask questions, seek advice, and ask for support. You don't have to do it alone.

**8. STAY COMMITTED**

Challenges are part of the journey. Stay focused, stay positive, and never give up.

**USE THE RESOURCES IN THIS GUIDE**

Take advantage of the checklists, resource links, and templates in this guide to help you:

- ✓ Find training and certifications
- ✓ Build your resume
- ✓ Connect with organizations and support
- ✓ Stay organized and focused

“ *The future belongs to those who prepare for it today.*
– Malcolm X



ONE STEP. ONE DAY. ONE DECISION CAN CHANGE YOUR LIFE.

You are worthy. You are capable. You are built for more.

BUILD YOUR FOUNDATION

A strong foundation supports everything you build. Focus on your education, certifications, safety training, and essential life skills. These tools will prepare you to succeed in the skilled trades.

Invest in yourself. It will always pay the best returns.



KEY AREAS TO STRENGTHEN



1. EDUCATION

Finish high school or earn your GED. Explore trade schools, community colleges, and apprenticeships.



2. CERTIFICATIONS

Certifications prove your knowledge and commitment. Start with basics like OSHA 10, then grow from there.



3. SAFETY TRAINING

Safety is the foundation of every industry. Get trained, stay aware, and protect yourself and others.



4. TECHNICAL SKILLS

Learn the tools, systems, and techniques used in your trade. Practice and keep improving.



5. SOFT SKILLS

Communication, teamwork, time management, and problem-solving are skills that set you apart.



6. FINANCIAL LITERACY

Learn how to budget, save, and build credit. Financial knowledge builds freedom.



FOUNDATION CHECKLIST

- ☐ I have a plan for education or training.
- ☐ I am working toward at least one certification.
- ☐ I have completed (or plan to complete) OSHA 10.
- ☐ I practice safe habits every day.
- ☐ I am improving my technical skills.
- ☐ I am building my soft skills.
- ☐ I am learning how to manage my money.



REMEMBER

Your foundation is your power. When your foundation is strong, your future will be unshakable.

“

Small steps build strong foundations.

”

**KEEP LEARNING. KEEP GROWING.
KEEP BUILDING.**



A STRONG FOUNDATION TODAY. A POWERFUL FUTURE TOMORROW.

Be patient with progress. Stay consistent. Trust the process.

USE YOUR RESOURCES

You don't have to figure everything out on your own. There are people, organizations, and tools created to help you succeed.

Don't go it alone. Use every resource available to you.



RESOURCES TO HELP YOU GROW



EDUCATION & TRAINING

High schools, community colleges, trade schools, apprenticeships, and online courses. Invest in learning that leads to opportunity.



CERTIFICATIONS

OSHA, NCCER, forklift, safety, and other certifications prove your skills and commitment. They open doors.



MENTORS & ROLE MODELS

Learn from those who've been where you want to go. Ask questions, seek advice, and build real relationships.



COMMUNITY ORGANIZATIONS

Local and national organizations offer training, mentorship, resources, and support for women in the trades.



ONLINE RESOURCES

Websites, YouTube channels, podcasts, and forums provide valuable information and inspiration. Learn anytime, anywhere.



FINANCIAL ASSISTANCE

Scholarships, grants, and workforce programs can help with tuition, tools, and training. Don't leave money on the table.



RESOURCE TIP

Start with one resource today. One email. One call. One website. Take action and keep building from there.



HOW TO USE RESOURCES EFFECTIVELY



1

RESEARCH

Look for resources that match your goals and needs.



2

MAKE A LIST

Write down the resources you want to explore.



3

REACH OUT

Contact organizations and people. Introduce yourself and ask how they can help.



4

ATTEND & ENGAGE

Show up, participate, and stay involved. Be proactive.



5

FOLLOW UP

Stay connected and follow through. Relationships grow over time.

“The resources are out there. Your job is to reach out, take advantage, and use them to build your future.”

**YOU ARE RESOURCEFUL.
YOU ARE CAPABLE.
YOU ARE BUILT FOR MORE.**

”



USE WHAT YOU HAVE. FIND WHAT YOU NEED. BUILD WHAT YOU DESERVE.

You have more support than you think.

STAY COMMITTED. KEEP GROWING.

Success in the skilled trades is a journey, not a sprint. There will be challenges, setbacks, and moments of doubt. But your commitment, consistency, and faith will carry you through.

Keep showing up for yourself.
Your future is worth it.



COMMITMENT CHECKLIST

Use this checklist to stay on track and keep moving forward.



I STAY FOCUSED ON MY GOALS

I remember why I started and keep my goals in front of me every day.



I KEEP LEARNING AND IMPROVING

I take every opportunity to grow my skills, knowledge, and experience.



I STAY SAFE AND CARE FOR MYSELF

I follow safety rules, protect my health, and set healthy boundaries.



I STAY CONNECTED AND GIVE BACK

I support my sisters, share what I learn, and build others up along the way.



I CELEBRATE MY WINS

I recognize my progress, no matter how small. I'm proud of how far I've come.



THIS IS YOUR JOURNEY

There is no one else like you.
Your path is unique. Your impact is needed.
Keep your head up and your heart strong.

You belong here. You are enough.
You are becoming everything you were created to be.

TIPS TO STAY COMMITTED



CREATE A ROUTINE

Set a schedule. Plan your day, week, and month.



MANAGE YOUR TIME

Use a planner or app. Focus on what matters most.



STAY POSITIVE

Speak life over yourself. Keep your mindset strong.



DON'T GIVE UP

Challenges are part of the process. Keep pushing forward.



REMEMBER YOUR WHY

Your purpose is bigger than your obstacles. Keep going.



TODAY'S AFFIRMATION

*I am a work in progress.
I trust the process.
I am building my future,
one step at a time.*



Thank You for Taking This Step



You've completed The Iron Rose Start Here Guide. Now it's time to take action and build your future.

WE BELIEVE IN YOU. WE ARE WITH YOU.



STAY COMMITTED. KEEP GROWING. LEAD WITH PURPOSE.

Building Strength with Grace.

OUR RESOURCES AT A GLANCE

There are many people, programs, and tools created to help you succeed in the skilled trades and in life.

Use these resources. You don't have to do it alone.



RESOURCE CATEGORIES & EXAMPLES



EDUCATION & TRAINING

Trade schools, community colleges, apprenticeships, online courses, and career training programs.

Examples: HCC, MIAT alumni resources, ACE, Coursera, Alison



CERTIFICATIONS & SAFETY

Safety training and certifications build your skills and open more doors.

Examples: OSHA 10/30, NCCER, First Aid/CPR, Forklift, TWIC



MENTORSHIP & SUPPORT

Connect with mentors, coaches, and organizations that guide and uplift women.

Examples: Women in Trades groups, Tradeswomen Inc., local union women's committees



EMPLOYMENT & APPRENTICESHIPS

Find job leads, apprenticeships, and career placement support.

Examples: WorkSource Texas, SERJobs, Indeed, local unions, company career pages



ONLINE RESOURCES

Websites, YouTube channels, podcasts, and forums offer knowledge anytime.

Examples: YouTube (Women in Trades), Trade Talks, Reddit r/BlueCollarWomen



COMMUNITY ORGANIZATIONS

Local and national organizations provide training, mentorship, and support.

Examples: NAWIC, NABTU, Local Workforce Boards, Habitat for Humanity



FINANCIAL RESOURCES

Financial help can reduce stress and help you focus on your goals.

Examples: Scholarships, grants, EBT/SNAP, TANF, Workforce development programs



HOUSING & BASIC NEEDS

Resources for safe housing, food, transportation, and essential needs.

Examples: Local food banks, housing authorities, Salvation Army, 211 Texas



LEGAL & WORKPLACE RIGHTS

Know your rights. Get help with workplace issues and legal questions.

Examples: EEOC, Legal Aid, National Employment Law Project



PERSONAL GROWTH & WELLNESS

Take care of your mind, body, and spirit. You can't pour from an empty cup.

Examples: Counseling services, faith groups, meditation apps, fitness programs



HOW TO FIND MORE RESOURCES

- ✓ Ask questions and be curious.
- ✓ Visit websites and follow organizations.
- ✓ Attend local events and career fairs.
- ✓ Join groups and online communities.
- ✓ Take action and share what you learn.

“ Every resource is a stepping stone. Use them to build your strength, grow your skills, and create your legacy. ”



INFORMATION IS POWER. RESOURCES ARE TOOLS. YOU ARE THE BUILDER.

Use them well. Build your future.

YOU'VE GOT THIS!

Your Journey Continues

You've taken the first steps. You've built your foundation. You've learned, planned, and prepared. Now it's time to keep moving forward with confidence and purpose.

You are capable. You are prepared.
You are built for more.



YOUR JOURNEY CHECKLIST



I KNOW MY WHY

I'm clear on my purpose and the future I'm working toward.



I'VE EXPLORED MY OPTIONS

I understand the skilled trades and the paths available to me.



I'VE BUILT MY FOUNDATION

I'm investing in my education, certifications, safety, and skills.



I'M USING MY RESOURCES

I'm connecting with people, programs, and tools that support me.



I'M TAKING ACTION

I'm applying, practicing, and showing up for opportunities.



I'M STAYING COMMITTED

I'm consistent, focused, and ready to overcome challenges.



I'M GROWING & GIVING BACK

I'm building my future and helping other women rise with me.



WHAT'S NEXT? >>>

- ✓ Review your plan and set new goals.
- ✓ Continue learning and building your skills.
- ✓ Apply for opportunities and take action.
- ✓ Stay connected and keep showing up.
- ✓ Help another woman start her journey.

Your next step is just one decision away.



CELEBRATE YOUR PROGRESS!

Take time to recognize how far you've come. Every step matters. Every choice counts. Every day you show up is a victory.

Be proud of yourself!

- ✿ You started this journey for a reason.
- ✿ You've overcome challenges already.
- ✿ You are stronger than you think.
- ✿ The best is still ahead.



REMEMBER

*“ You are not alone.
You are supported.
You are unstoppable. ”*

**KEEP FAITH. KEEP FOCUS.
KEEP LEARNING. KEEP BUILDING.
KEEP LEADING.**



THIS IS JUST THE BEGINNING

Your story is still being written.
Your legacy is still being built.

Keep going. Keep growing. Keep building.

*The world needs what
only you can bring!*



YOU ARE WORTHY. YOU ARE CAPABLE. YOU ARE BUILT FOR MORE.

The Iron Rose in you is unstoppable.

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TRUSTED SKILLED TRADES RESOURCES



NATIONAL RESOURCES

- OSHA
www.osha.gov
- NCCER
www.nccer.org
- Apprenticeship.gov
www.apprenticeship.gov
- CareerOneStop
www.careeronestop.org
- Workforce Solutions
www.wrksolutions.com



EDUCATION

- Houston Community College
www.hccs.edu



BUILDING TRADES

- NABTU
(North America's Building
Trades Unions)
www.nabtu.org



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*Want the
Live Links?*

— SCAN OR CLICK BELOW —

Access these resources and more
with live links, updates,
scholarships, and opportunities.



CLICK HERE FOR LIVE RESOURCES

JOIN THE COMMUNITY

You don't have to build your career alone.

Connect, learn, and grow with organizations
that support women in skilled trades.



WOMEN IN CONSTRUCTION

- National Association of Women
in Construction (NAWIC)
www.nawic.org
- Chicago Women in Trades
www.chicagowomenintrades.org
- Oregon Tradeswomen
www.tradeswomen.net
- West Virginia Women Work
www.womenworkwv.org
- TradesFutures (where applicable)
www.tradesfutures.org



WOMEN IN WELDING

- Women Who Weld
www.womenwhoweld.com



APPRENTICESHIPS & UNIONS

- Tradeswomen Build Nations
www.tradeswomenbuildnations.org
- NABTU – Tradeswomen Initiatives
www.nabtu.org
- Local Union Apprenticeship
Coordinators



SUPPORT & MENTORSHIP

- Dress for Success
www.dressforsuccess.org
- Workforce Solutions
www.wrksolutions.com
- Local Women in
Construction Groups
(Check your area for
local chapters)
- Iron Rose Women in
the Trades
Coming Soon!



Ready to Join?

— SCAN OR CLICK BELOW —

Connect with these organizations
and be part of a community that
empowers and uplifts!



CLICK HERE TO JOIN THE COMMUNITY



IRON ROSE

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Building Strength with Grace.



Empowering women to build careers,
confidence, and community
through the skilled trades.

Scan Here



Scan to receive:

- ✓ Free skilled trades resources
- ✓ Career updates
- ✓ Training opportunities
- ✓ Scholarship information



Have questions or want to connect?

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YOUR JOURNEY. YOUR SKILLS. YOUR FUTURE.

Let's Build It.