

IRON ROSE

WOMEN IN THE TRADES MOVEMENT

START HERE *Guide*

**5 STEPS TO START
YOUR SKILLED TRADES JOURNEY**

*Your Journey
The Foundation
Built By You*



EXPLORE
THE TRADES



PLAN YOUR
NEXT STEPS



GET FUNDING
& CERTIFIED



FIND JOBS &
OPPORTUNITIES



BUILD YOUR
LEGACY

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



IRON ROSE
CONSTRUCTION GROUP

FAITH • FOCUS • SKILLS • SAFETY • SISTERHOOD • STRENGTH



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.

**REAL SKILLS.
REAL OPPORTUNITIES.
REAL FUTURES.**



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 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 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?
What tasks make time pass by?



WHAT ARE YOU GOOD AT?
What do others often turn to you for?



WHAT CHALLENGES HAVE YOU OVERCOME?
How did you get through them?



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?
What 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 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

Even the finest courses can help 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.

— 66 —
 YOU DON'T
 HAVE TO BE
 GREAT TO START.
 BUT YOU HAVE
 TO START TO
 BE GREAT.

SKILL BUILDING TIPS



Set small goals.



Take every opportunity to learn.



Be consistent.



Don't be afraid to start over.



Ask questions.



REMEMBER

Every expert
 was once
 a beginner.

STEP 4 BUILD YOUR NETWORK

Your network can't just *be*, share opportunities, and help guide you along the way. You don't stay to do this alone.

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



WAYS TO BUILD YOUR NETWORK



I CONNECT WITH OTHERS

Find local groups, attend all events, join local organizations, and share. Your team knows who you'll meet.



I FIND A MENTOR

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



I BUILD REAL RELATIONSHIPS

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



JOIN PROFESSIONAL GROUPS

Become part of organizations and through growing and your career.



SOFT CONNECTED

Partners, friends, family, teachers, and even old jobs are just examples.



SUPPORT OTHER WOMEN

Use others to help, offer, and build credit for things, sharing and growth ideas.

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."

STEP 3 TAKE YOUR NEXT STEP

You've explored the mission, 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.



ACTIONS STEPS TO MOVE FORWARD

SET A GOAL
Think out what you want and give yourself a timeline to reach it.

CREATE A PLAN
List the steps you need to take. Include education, training, certifications, and networking.

TAKE DAILY ACTION
Do something every day that moves you closer to your goal.

TRACK YOUR PROGRESS
Celebrate small wins. Keep going. You're building something powerful.

PREPARE YOURSELF
Learn as much as you can. Dress for success. Be ready.

APPLY & FOLLOW UP
Apply for jobs, internships, and training programs. Follow up and stay persistent.

ASK FOR HELP
Don't be afraid to ask questions, and reach out to get support.

STAY COMMITTED
Step forward on your way. Keep going even when it gets hard. Sticking with it matters.

USE THE RESOURCES IN THIS GUIDE
Take advantage of the tools, tips, and connections available to you.

Resources
 Connections
 Community
 Career
 Training

“The future belongs to those who prepare for it today.”
— Malcolm X

STEP 6 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**EDUCATION**

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

**CERTIFICATIONS**

Certifications prove your knowledge and commitment. Start with basics like OSHA 10, First Aid, and more.

**SAFETY TRAINING**

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

**TECHNICAL SKILLS**

Learn the tools, systems, and techniques used in your trade through training and practice.

**SOFT SKILLS**

Communication, problem-solving, teamwork, and professionalism are just as important.

**FINANCIAL LITERACY**

Learn how to budget, save, and build credit for long-term stability and growth.

FOUNDATION CHECKLIST

- ☐ I have a high school education or am working toward my graduation.
- ☐ I am completing trade training and certifications.
- ☐ I am practicing safety every day.
- ☐ I communicate clearly with my team.
- ☐ I am managing my money wisely.

REMEMBER

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

Small steps build strong foundations.

KEEP LEARNING. KEEP GROWING. KEEP OVERCOMING.

STEP 7 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.

SO RESOURCES TO HELP YOU GROW

-  **EDUCATION & TRAINING**
Book schools, community colleges, online courses, and apprenticeships.
-  **CERTIFICATIONS**
CCNA, NCIDR, First Aid, and other certifications that open doors.
-  **MENTORS & ROLE MODELS**
Learn from those who've walked the path and can guide you.
-  **COMMUNITY ORGANIZATIONS**
Local groups and programs that support women in the field.
-  **ONLINE RESOURCES** GO ON
Webinars, eBooks, podcasts, and forums for learning and networking.
-  **FINANCIAL ASSISTANCE**
Grants, scholarships, & funding can help you get started.



RESOURCE TIP

Keep a list of resources, save contact information, and follow up. 10

HOW TO USE RESOURCES EFFECTIVELY

-  **RESEARCH**
Take time to learn what's available to you.
-  **MAKE A LIST**
List down the resources you want to explore.
-  **REACH OUT**
Contact people and organizations.
-  **ATTEND & ENGAGE**
Go to events, webinars, & more.
-  **FOLLOW UP**
Stay connected and follow through.

The resources are out there. Use them to save time, save money, and grow faster.

**YOU ARE RESPONSIBLE.
YOU ARE BUILT FOR MORE.**

STEP 8

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, and your why.



COMMITMENT CHECKLIST



I show up every day and keep showing.



I keep focused on my goals even when it's hard.



I keep learning and improving every day.



I set goals and take action to move.



I stay connected and give back.



I practice my skills.



TIPS TO STAY COMMITTED



CREATE A ROUTINE
Set a schedule. Plan your day.



MANAGE YOUR TIME
Stay organized. Keep your time ready.



STAY POSITIVE
Take positive action. Keep your



vision in front of you.



DON'T GIVE UP
Stay focused on the end of the process.



Challenges are part of the process.

THIS IS YOUR JOURNEY



See the end of your journey. Stay focused. Keep growing.

Keep learning. Stay your vision.

Keep learning. Stay your vision. Keep growing.

TODAY'S AFFIRMATION

I am focused.

I am determined.

I am building my future.

I am becoming

everything I was created to be!

STEP 9

YOUR RESOURCES
AT A GLANCE

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

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



RESOURCE CATEGORIES & EXAMPLES



EDUCATION & TRAINING

Trade schools, community colleges, online programs.



CERTIFICATIONS & SAFETY

OSHA, NCCCO, Tuck Ltd, OTE, and more that you can learn.



MEMBERSHIP & SUPPORT

Women in Trades groups, mentorship programs, and peer support.



EMPLOYMENT & APPRENTICESHIPS

Apprenticeship programs, trade unions, employers, and job boards.



ONLINE RESOURCES

YouTube, LinkedIn, blogs, forums, and social platforms.



COMMUNITY ORGANIZATIONS

Local non-profits, workforce development centers, and women-focused organizations.



FINANCIAL RESOURCES

Grants, scholarships, funding programs, and financial literacy support.



HOUSING & BASIC NEEDS

Finding accommodations, transportation resources, food support, and more.



LEGAL & WORKPLACE RIGHTS

Union your rights, OSHA, labor laws, worker protections, and resources.



PERSONAL GROWTH & WELLNESS

Take care of your mind, body, and spirit. Take care of your future from an early age.



*Every resource is a stepping stone.
Use them. Build your path.
Become the woman who builds legacy.*

FAITH • FOCUS • SKILLS • SAFETY • SISTERHOOD • STRENGTH

STEP 10

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 and create the life and legacy you deserve.

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



2 YOUR JOURNEY ONGOING

- 1 I KNOW MY WHY**
I know why I am here and what I want to achieve.
- 2 I'VE EXPLORED MY OPTIONS**
I have explored all the possibilities and the opportunities.
- 3 I'VE BUILT MY FOUNDATION**
I have built a strong foundation with faith, love, and hard work.
- 4 I'M USING MY SKILLS**
I am using my skills to create a better future for myself and others.
- 5 I'M JOINING COMMUNITIES**
I am joining communities that support my goals and dreams.

WHAT'S NEXT?
Keep going. Keep growing. The journey is not over. You are still building.

CELEBRATE YOUR PROGRESS!



Celebrate every step you take.
Every goal you reach.
Every lesson learned is power.
Be proud of yourself!



REMEMBER

You are enough.
You are important.
You are unstoppable.

KEEP GOING.

KEEP GROWING.

KEEP BUILDING.



THIS IS JUST THE BEGINNING.
Your story is still being written.
Your legacy is still being built.
*Keep going. Keep growing.
You are doing it!*



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— CONSTRUCTION GROUP —

TRUSTED SKILLED TRADES RESOURCES

NATIONAL RESOURCES

- OSHA
www.osha.gov
- NECCO
www.necor.org
- Apprenticeship.gov
www.apprenticeship.gov
- CareerOneStop
www.careeronestop.org
- Workforce Solutions
www.worksolutions.com

EDUCATION

- Houston Community College
- www.hcc.edu

ONLINE TRADES

- NABT
• Canada America's Building Trades Unions
- www.nabtu.org



*Want the
Live Links?*

SCAN OR CLICK BELOW



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.chicagowomenintades.org
- Oregon Tradeswomen
www.tradeswomen.net
- Utah Virginia Women Work
www.uvww.org
- Tradeswomen Build Nations
www.tradeswomenbuildnations.org

WOMEN IN DESIGN

- Women who Build
www.womenwho-build.com

APPRENTICESHIPS

- NABT • Tradeswomen Initiatives
www.nawic.org
- Local Union Apprenticeship Coordinators



Ready to Join?

SCAN OR CLICK BELOW



CLICK HERE TO JOIN
THE COMMUNITY



IRON ROSE

— CONSTRUCTION GROUP —

Building Strength with Grace.

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

Scan to receive:

- Free skilled trades resources
- Career updates
- Training opportunities
- Scholarships information



Have questions or want to connect?
info@ironroseconstructiongroup.com

YOUR JOURNEY. YOUR SKILLS. YOUR FUTURE.
Let's Build Together.



NOTES & ACTION PLAN

THE TRADE I'M MOST INTERESTED IN:

MY 3 GOALS

1. _____
2. _____
3. _____

MY NEXT 3 ACTION STEPS

1. _____
2. _____
3. _____

PEOPLE TO CONNECT WITH

NAME / ORGANIZATION	CONTACT INFORMATION

*My future is in my hands.
I build it every day.*

