

Breaking Barriers: Navigating Women's Struggles and Empowering Change

Key Takeaways

1

Common Internal Barriers



Imposter Syndrome



Perfectionism & Self-Doubt



People-Pleasing

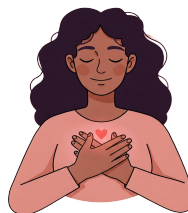
2

Key Strategies for Individual Support



REFRAMING SELF-DOUBT

Learn to recognise, question and reframe negative self-talk so it no longer holds you back



PRACTISE SELF-COMPASSION

Practice self-compassion and recognising that struggles are part of growth



EMBRACE GROWTH MINDSET

View challenges as opportunities to learn and grow.

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Creating a Supportive Ecosystem



Why a strong network matters:

- Women with sponsors are more likely to be promoted than those without.
- A mentor provides guidance, while a sponsor actively advocates for your career progression.

How to build a strong network:

- Identify potential mentors and sponsors who align with your career goals.
- Develop meaningful relationships by adding value before asking for help.

Need a bit more help?

Discuss with your coach on more personalised strategies to navigate internal barriers and empower change!



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