



WORKING GIRLS NETWORK

What we talked about:

This is Your Year to Shine: Professional Wellbeing and Bringing Yourself to Work

For our first event of the year, we welcomed back two inspirational speakers with the aim of encouraging women to bring their full selves to work and have their best year yet. Calli Louis and Nichola Johnson-Marshall, co-founders of Working Wonder believe that to thrive employees must blend their personal and professional selves to unleash confidence and creativity. In this session, we learnt to protect our professional wellbeing, build a confident mindset, own the room and shape our ambition.

As always thank you to our lovely speakers, Calli and Nichola and host partner, Uncommon Borough.

Never Miss Out:

Instagram- [@working-girls-network](https://www.instagram.com/working-girls-network)

Facebook- [@workinggirlsnetwork](https://www.facebook.com/workinggirlsnetwork)

Website- [workinggirlsnetwork.co.uk](https://www.workinggirlsnetwork.co.uk)

What we learned:

- ◇ Be authentic to who you are and don't be afraid to blend your professional and personal self. These many layers are what makes us human, acknowledging all the influencing factors of who you are allows you to protect your wellbeing and thrive at work.
- ◇ Put yourself at the top of your to do list -prioritize your health and ensure you take the time to check in on yourself.
- ◇ Be your own personal cheerleader, build in habits that remind you that you are good at your job. You were chosen from many applicants so document your successes and visualise key wins to keep imposter syndrome at bay.
- ◇ Adopt a growth mindset, treat failure as an opportunity to develop new skills and expand beyond your current competencies. Set aside time to reflect and learn -ask for constructive criticism and be inspired to action it.
- ◇ You are your own superpower, own the room using what makes you uniquely you. You don't have to copy someone else's style, find your signature move and refine it.
- ◇ Consider what you need to fly and seek it out. Whether it's training, practice with friends or arriving early to sort the environment out. Give yourself the boost you need to succeed.



- ◇ Success is yours to define so don't compare yourself to others. Dream big and think about your why. Consider a range of goals, short and long term, then the steps to achieve them.
- ◇ Don't worry about things you can't control, lean into the curveballs and focus your energy where you can influence outcomes.
- ◇ Remember success is not sequential or cumulative, life is messy so appreciate the journey and embrace the setbacks. Every challenge teaches you more.

What can we do?

- ◇ Perform a physical and mental MOT regularly and consciously check in on yourself. Remember: to thrive, your wellbeing should be your top priority
- ◇ Build in habits to grow your confidence and remind you of your worth. Keep a log of successes and visualise big wins to keep track of your achievements.
- ◇ Adopt a growth mindset and accept new challenges. Remember failure is an opportunity to learn and develop so take on the tasks that seem daunting- your future self will thank you.
- ◇ Tackle limiting beliefs head on, consider how they limit your potential and build in affirmations that align with how you want to feel. Visualise what success looks and feels like.
- ◇ Audit the people in your life and the energy they bring, be conscious and act purposefully when building relationships. Surround yourself with those that radiate positivity and aid your growth.
- ◇ Set a 2020 goal, consider the reality and your options on how you can proceed. Make an action plan and set a deadline for the goal. Act with intent until you reach it. Remember success is malleable, bend with the curveballs and celebrate all wins.

Resources

- ◇ *The Squiggly Career, Helen Tupper & Sarah Ellis*

