

Contents

Introduction	1
Overcoming doubt • Finding my courage	
Where We Are	17
Representation of women • Understanding the gaps •	
Socialisation	
Growing Up Female	41
How we talk about girls and women • Stereotyping •	
Imagery • Reclaiming ambition	
the skills	289
Planning	59
Longer working lives • Role models and inspiration • Five-year plans • Learning from those around you	

Preparation	75	Owning It	191
Information-gathering • Critical thinking • Challenging your beliefs • Evaluations and judgements		Big moments and high-pressure scenarios • Appraisals and evaluations • Making a pitch	
Starting Out	93	Rising Up	207
Navigating the early career years • Processes that build confidence • Re-establishing yourself after breaks from work		Developing authority • Mastering your brief • Demonstrating your knowledge	
Speaking Up	115	Resilience	225
Voice, clarity and emphasis • Public speaking • The written word		Dealing with scrutiny and criticism • Knockbacks and failures • Holding your nerve	
Standing Up	135	Balance	239
Body language • Occupying space • First impressions		Managing the different elements of your life • Banishing guilt • Thinking long-term	
The Digital You	153	Afterword	257
Social media • Women in technology • A more representative internet • Trolling		Acknowledgements	263
Keeping Sharp	175	Notes	267
Apprehension and anxiety • The importance of practice • Focusing on the immediate task		Image credits	289
		Epigraph sources	291
		Index	295