



## Women at the Wheel Round-up

The festive period is a busy time for all of us so to help with your time-poor December we have a slimmed down version of the newsletter – it should fit in-between the office party, mulled wine and mince pies.

Have a great Christmas and we look forward to connecting with you in 2018.

*Women at the Wheel team*

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## Making an impact

We are pleased to share some of the key achievements of the network since its conception in March. This is a great start – thank you for your continued active participation!



## Your thoughts please...

To help us shape the 2018 programme, if you haven't already, please can you take 5 minutes to complete our quick survey on event topics, locations and communications.

[WatW Survey](#)

## All you need is a 5% edge

On 23 November we were happy to host a members event "Confidence & Resilience - The Inner Game to Peak Performance" led by Sally Fisher ([www.ahhamomnets.co.uk](http://www.ahhamomnets.co.uk)), an international performance and career coach, who works with leaders around the world to help them achieve ambitious career goals.

We had 21 members in attendance and although this was only the second time most of us had got together, it immediately felt relaxed and the conversation flowed over drinks. This was helped by the venue providing one of the best buffets I've had at a business event!

The session was fully interactive with the room breaking off into pairs or groups. A good insight was how the room felt when they watched the video made by Always titled '[Run like a girl](#)' and how the subliminal cultural, subtle unconscious bias makes you say/do things you don't actually mean.

We talked about how we internalise concerns around failure, which led to a discussion on imposter syndrome which, if you research, can cover the following:

1. Do you secretly worry that others will find out that you're not as capable as they think you are?
2. Do you sometimes shy away from challenges because of nagging self-doubt?
3. Do you tend to chalk your accomplishments up to being "no big deal"?

4. Do you hate making a mistake, being less than fully prepared or not doing things perfectly?
5. When you succeed, do you think, "Phew, I fooled them."
6. Do you believe that other people are smarter and more capable than you are?
7. Do you live in fear of being found out / discovered?

Feedback suggests this is still a relevant topic and that learning to challenge yourself and the culture you work in is something we all need to do more of.

## Next members event

Our next event will correspond with International Women's Day, taking place on 8<sup>th</sup> March 2018 (17:30 – 20:00).

We are planning something special for our members in the Warwickshire region and will be able to share more details in the New Year.

Please register your interest [here](#).

We are always pleased to hear from our members – feel free to contact us via any of the paths below.

Please forward this email to any colleagues, friends or family.



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