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PERSOL



I'm a working mum, and like so many women, I know what it means to juggle, prioritise and keep moving forward even when life feels busy and full.

One message that has stayed with me throughout my career is simple: back yourself in. Put your hand up. Put yourself in the game. Sometimes we overthink the next step. Sometimes we talk ourselves out of opportunities before anyone else does. But I've learned that growth often starts with backing yourself and being comfortable outside of your comfort zone.

One of my life experiences that shaped me most was my postnatal journey. It challenged me in ways I didn't expect and strengthened my resilience. It didn't define who I am, but it shaped me. It reinforced that what doesn't break you can make you stronger, and that strength shows up in leadership in ways others may not always see.

Professionally, I've had recent projects that felt like a mountain and stretched my limits. But the lesson that came from them was powerful, and as my leader Kurt Gillam has taught me, 'if you're not going to be worried about something in five years, don't spend more than five minutes worrying about it now'. Instead of dwelling, we focused on solutions. We learned, adapted and moved forward stronger. That shift in mindset changed how I lead.

To me, “giving” in leadership means creating an environment where others can succeed. If my team is thriving, growing in confidence and enjoying their work, that is what I measure as success. Giving looks like encouraging others to step up, reminding them they are capable and helping them focus on what is within their control to move forward.

The “Give to Gain” theme resonates because I’ve experienced how powerful it is when someone invests belief in you. When someone tells you to back yourself and truly means it. That belief can change the trajectory of a career.

One action I’m giving in 2026 to help others gain is continuing to challenge self-doubt in those around me, encouraging them to step forward, focus on what they can influence, and back themselves even if they are unsure they are ready.