

EMPOWERING YOU

Catalysts for Positive Change

Help? I don't need your help! I started young.

I was an early walker and a late talker. My first sentence, aged around 2 years old, was an emphatic, "I can manage!" and, as I grew older, I discovered that I really could achieve good things all by myself. Occasionally my self-reliance had its drawbacks (like struggling to make easy friendships) but on the whole, I felt comfortable with who I was.

In my first job, I quickly gained a reputation as a customer-focussed, hardworking achiever. I may have been a tad annoying at times but I got the results I was after and was rewarded with a series of promotions.

All good so far. Except..... There were times when I'd really struggle to make headway. While I prided myself as a great communicator, I increasingly found I was unable to get a coherent message across without upsetting my colleagues. I became paralysed at the mere thought of asking for help, preferring instead to struggle on alone with the knowledge I already had. Repeatedly, the choices I made at home and in the workplace were skewed by my belief that the decisions I made on my own would always be the best ones.

And then something happened. In May 2016 I embarked on a leadership programme like nothing I'd ever experienced before. It's a pretty bold statement but I can honestly say that the programme has been absolutely life-changing. I've come to understand who I am, how I tick and the changes I can make to improve my effectiveness and happiness.

My biggest takeaway is don't become a prisoner of your own beliefs. As someone who believed that flying solo was the only way, it's been incredibly liberating to discover the power of togetherness.

In November 2018 I cemented that insight by co-launching the national Local Government Applications Managers Network (LGAMN) with a fellow programme graduate.

Your help? Bring it on!



Left: Hosting the first Empowering Women roundtable in Leamington Spa in 2018