

ALEXANDRA FORSYTH

EXPLORING CAREER GROWTH AND LEADERSHIP:

SELF-DEVELOPMENT, CONFIDENCE,
AND RESILIENCE MINDSET

Let's Talk About Mental Health

CAREER GROWTH AND
LEADERSHIP: SELF-DEVELOPMENT,
CONFIDENCE, AND RESILIENCE MINDSET

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One Step At A Time

A Moment Of Gratitude



Globally women hold approximately 34% of senior management positions

Top British companies' women occupy over 43% of roles on company boards

Social Science Diploma

Bachelor of Arts Degree 'Criminology'

CAREER (A.K.A. REAL TALK)

Master of Science Degree 'Criminology' (cyber crime module)

Entry-Level Role 'Threat Intelligence **Analyst'**

Self Taught Study 'Cyber Security'

Future Learn Expert Track Udemy Threat Intelligence Analysis Couresa SANS

Fear of Failure Job Role Rejection Worry About Career Pathway

Junior Threat Intelligence Analyst - Start-Up Threat Intelligence **MSP**

Senior Threat Intelligence Analyst - Start-Up Gaming and Casino Company

Threat Intelligence Lead EMEA Global Consulting Company



What is the next step from where you are now, and where you want to be?

Self-development means taking time to reflect on your current state of being and lean into your true passions in life

Self-development means being purposeful with your connections



Self-Development Through Public Speaking

- Client negotiations
- Pitching to prospective clients
- Speaking at meetings with colleagues
- Job interviews
- Personal Interactions
- Working with clients and colleagues
- C-suite leaders

What is your superpower?

How do we encourage resilience, and growth in leadership?

Talk about women together, support each other. Share knowledge about the traits needed to be a successful leader

Get involved in community and share your story – emotional intelligence

Encourage failure and make mistakes

Bring your whole self to work

Nurture the next generation of leaders through road mapping career trajectory and skills

Remain open to opportunities to help others

Personal and professional advisory board

Build portfolio of projects (blogs, articles, academic publications, lab testing)

All things are created twice, first in the mind and then in physical reality

Robin Sharma

Remember your WHY

Stop letting other people tell you how to feel and trust yourself

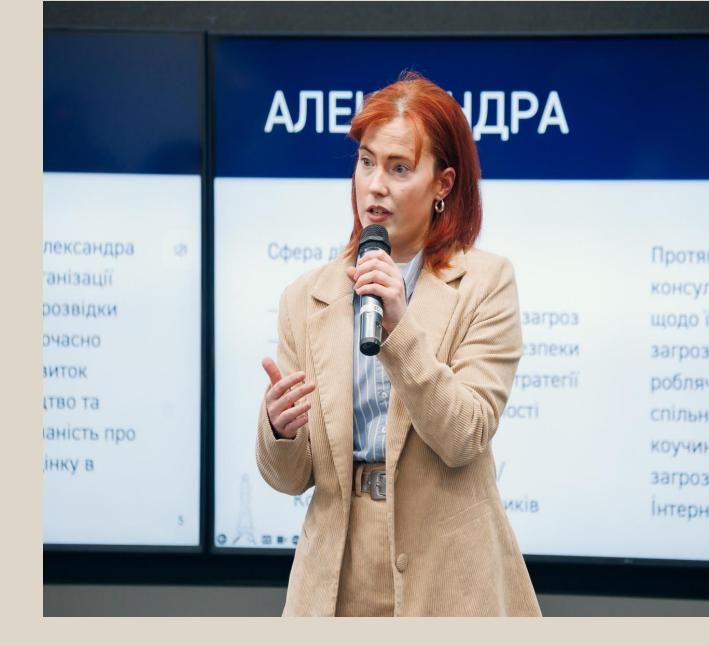
Pause. 30 seconds just stand and pause in front of the audience or before you're about to start a task/project/answer an email etc.

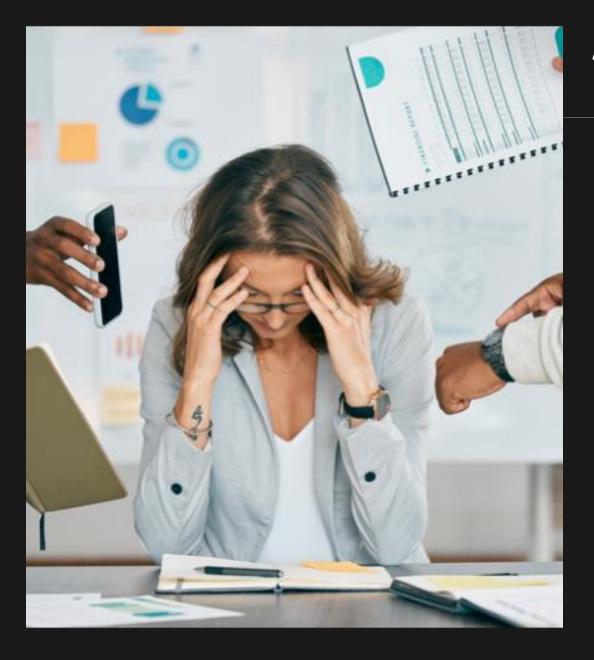
Relax. Breathe in and out, and practice being present in the moment.

Tune in. Make eye contact with everyone in the room or write down the key parts of the project/email needing attention.

Connect. Silently welcome everyone into your space for the duration of the presentation or begin researching for the project/answer the email.

Work harder when no one Is watching





Avoiding Burnout

- Transitioning into the next phase of being a leader – mentally sit with yourself
- Mentorship programs in the workplace
- Career mapping / expectations
- / Group allyship
- Check credentials align with subject matter expertise (values and mission)
- Slow down and recognise project capacity

True confidence and resilience means

liking who you are becoming

You can be whoever you want



You got this!

Never Give Up