




**Women's
Wellbeing
Summit**

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

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**

CAREER

(A.K.A. REAL TALK)

**Social Science
Diploma**

**Bachelor of Arts
Degree
'Criminology'**

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

**Self Taught Study
'Cyber Security'**

**Future Learn Expert Track
Udemy Threat Intelligence
Analysis
Coursera
SANS**

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

**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**

**Fear of Failure
Job Role Rejection
Worry About Career
Pathway**

A NEW PODCAST

TAKE A CHANCE ON YOU!

HOSTED BY
ALEXANDRA FORSYTH

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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**


A close-up, low-angle shot of a wooden podium. Two black gooseneck microphones are positioned on the podium's surface. The background is a soft-focus view of a crowd of people, suggesting a public event or conference.

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