

PRESS RELEASE - IMMEDIATE RELEASE

They said the key was to get a seat at the table. But what if the table was never built for you?

Beverly Vanterpool launches *Build Your Table*: A rallying call for intentionality, equity, and empowerment this Black History Month

Ahead of Black History Month, business leader, author, and founder of [Career Sistas](#), [Beverly Vanterpool](#), is set to publish her debut book ***Build Your Table: Find Career Clarity, Make Bold Pivots, and Thrive – Even When the System Isn’t Built for You*** (25th September 2025, published by Career Sistas).

Drawing on more than 20 years in global corporations, an MBA from Cambridge University, and the author’s lived experience as a Black woman, introvert, and immigrant navigating UK corporate life, ***Build Your Table*** is a compelling blend of real-life stories, practical strategies, and historical context. The book is designed to inspire professionals — particularly those from underrepresented backgrounds — to take control of their careers with intentionality.

Black History Month

Reflecting on this year’s Black History Month theme of *Standing Firm in Power and Pride*, Beverly shares:

“This theme resonates deeply with my journey, the power of community, and the importance of intentionality. At the start of this year, when I faced redundancy, I chose to view it as an opportunity to make a bold move into spaces I had always wanted to occupy as an entrepreneur and author. The four pillars of Build Your Table – knowledge and experience, community, opportunity, and visibility – show how we can all harness intentionality, celebrate our stories, and stand together in power and pride.

“If you want to see inclusion in the workforce, remember where you spend your money ultimately contributes to where the power lies. We are the global majority, and the power we have is through our everyday choices. Choose wisely.”

Build Your Table speaks directly to:

- Professionals from underrepresented groups looking to pivot or rebuild after redundancy.
- Women of colour, particularly Black women navigating career systems not built with them in mind.
- Young professionals and graduates seeking advice and inspiration.
- Advocates of diversity, equity, and inclusion in the workplace.

Celebrating the launch

The release of ***Build Your Table*** will be marked by a special online launch [event](#) on 7th October, the first live event for Career Sistas.

Beverly also features in a special episode of the **Stories by Career Sistas** podcast, guest hosted by Ronke Lawal, and released in three parts around the publication of ***Build Your Table*** (also available on [YouTube](#) in full now). The special episode, *Build Your Table: Finding Your Voice* –

Beverly's Tips for Thriving in the Workplace, dives into her journey from shy accountant to confident leader and author, with practical advice for navigating corporate spaces and finding your voice.

Through her podcast *Stories by Career Sistas*, her growing Career Sistas community, and now her book, Beverly is amplifying overlooked stories of resilience, excellence, and passion: stories that deserve to be celebrated more widely.

In ***Build Your Table***, available now for pre-order [online](#) and in all good bookshops internationally, Beverly reflects on her own career journey:

"In pursuing my own path, I was reminded of the immense power of community. Numerous Black colleagues and allies, welcomed me into their circles, offering advice and support. As I started to meet women of diverse backgrounds for my podcast, Stories by Career Sistas, I was inspired by the countless stories of excellence, resilience, and passion. These stories are often overlooked but deserve to be celebrated with the frequency they merit. Ultimately, we all can only be the best versions of ourselves, we must celebrate our identities, our unique stories and stand together in power and pride."

Career Sistas

Career Sistas is the platform founded by Beverly Vanterpool that brings together her work as an author, community builder, and podcaster. Career Sistas publishes *Build Your Table*, produces the *Stories by Career Sistas* podcast, and hosts events that connect and empower women, particularly from diverse backgrounds, in their professional journeys.

During Black History Month, Beverly will also be an **exhibitor at the UK Black Business Show (Stand F30, ExCeL London, October 18th)**, where Career Sistas is an official media partner.

-ENDS-

Notes to Editors

- *Build Your Table* by Beverly Vanterpool is available now to pre-order now: <https://mybook.to/BuildYourTable>
- Link to online Career Sistas event to celebrate the release of *Build Your Table* by Beverly Vanterpool on October 7 2025: <https://beverlyvanterpool.com/join-us-for-the-online-launch-event-of-build-your-table-intentional-careers>
- Podcast episode: *Build Your Table: Finding Your Voice – Beverly's Tips for Thriving in the Workplace* now live on *Stories by Career Sistas*: <https://storiesbycareersistas.podbean.com/e/build-your-table-finding-your-voice-beverlys-tips-for-thriving-in-the-workplace/>
- Beverly will also be attending various UK Black Business Week events and exhibiting at the UK Black Business Show at ExCeL London (Stand F30) on 18 October 2025, where Career Sistas is also an official media partner.
- For interviews, review copies, or further press information, contact: dianaashlee@literallypr.com