

WOMEN IN LEADERSHIP BUILDING CONFIDENCE



Confidence is key to being heard and respected in decision-making processes – champion yourself.

Mentorship, especially from experienced leaders, is crucial in helping women overcome challenges and grow in their roles.



Imposter syndrome often leads women to doubt their accomplishments and can hinder their career progression.

Societal pressures and stereotypes contribute to a crisis of confidence among women, impacting their professional opportunities and growth.



Practical strategies for overcoming barriers include acknowledging imposter syndrome, setting realistic goals, and seeking mentorship. Organisations are responsible for fostering a supportive workplace culture.