

**WORDS
BETWEEN
W¹⁸⁰OMEN**

**Advice on achieving workplace success.
From one woman to another.**





We've been talking to some of the UK's most successful women. We asked them to give us one piece of advice that we could pass on to our network.

The idea wasn't just to motivate and inspire. It was also to remind women everywhere that anything is possible. That success is achievable, despite the obstacles we face every day.

We are extremely grateful to the women who took the time to share words of encouragement. Now it's your turn. Over the coming weeks, we'll be opening up the conversation to our Facebook group. We would love to hear your comments and suggestions, so please [follow this link](#) and join the discussion.

Thanks for being part of something special.

Gemma Lloyd

Gemma Lloyd
Co-Founder and CEO
WORK180

“In my experience at work one of the most important skills is resilience. We all have bad meetings or bad days; but a key element of career success is the ability to learn from these but also put them behind you. I start every single day fresh, untainted by the events of the day before and with a positive outlook”



Liv Garfield

CEO, Business woman of the year 2018

SEVERN TRENT



Lisa Humphreys

UK Strategy Development Director at WPP & Managing Partner

MEDIACOM

“Don’t underestimate the power of kindness, it’s not often a quality associated with developing your career. Kindness will help you to grow relationships, build teams, broaden your network and in turn your sphere of influence. Above all being kind to yourself will help you build resilience in challenging times.”

“I think the most difficult thing any women can do , but which is essential to succeed, is refuse to compromise . Never compromise your goals or ethics or allow any form of discrimination to slow you down . There may be financial or personal distractions but overcoming these and staying on track is key to your success.”



Karen Holden

Founder & Managing Director

A CITY LAW FIRM



Stephanie Eltz

CEO

DOCTIFY

“I don’t define myself with my gender but am as someone who works on realizing a dream. Waking up every morning, passionate about building your company is the biggest luxury in life.”



Octavia Goredema MBE

Founder

TWENTY TEN TALENT &
TWENTY TEN CLUB

“Don’t let anyone else determine your goals or what you can achieve. Your ambition, drive and ability are unique to you alone. Don’t let anyone divert you from where you want to go and who you want to be.”



Dr Sue Black

Founder + Chief Evangelist
Company of #techmums

BCSWOMEN

“You can do it! Surround yourself with supporters, don’t listen to the haters, and keep going till you get there.”

“Surround yourself with like-minded business people and learn from them. It can feel lonely but there are great business support networks.

Build a great team around you with the right cultural fit / shared vision. With a great team, the lows aren't as low and the highs are much higher. Enjoy the journey.”



Juliet Barratt

CMO and Co Founder

GRENADA



Phoebe Hugh

Founder & CEO

BROLLY

“Never hold yourself back by fear of making a wrong decision, there's no such thing. Make decisions, and go all in on them. The wonderful thing about uncertainty is it means infinite possibilities. Whatever the outcome, you'll make it work.”

“Don't map out your future – instead, make the most of life's opportunities when they come along. You can plan ahead, but inevitably, these plans change when the time comes.”



MP Nusrat Ghani

British Conservative Party politician, MP for Wealden

UK GOVERNMENT



Jill Hodges

Founder and CEO

FIRE TECH

“Don’t be afraid to own what you know and ask questions about what you don’t. And make time to connect. Women don’t network in the same way as men and this can create barriers, especially for start-ups that live or die by the relationships they build in their early years.”

“There are many paths to a successful career. Focus on your goals and carve out your own way. Gain the skills that you will need and the tools to support you. Set out for the summit and don’t look back. Have no regrets, know that you have the ability to succeed and as you climb to the summit, the view is truly wonderful.”



Carolyn Currie

Chief Executive, Member T20
think tank of G20

WOMEN'S ENTERPRISE
SCOTLAND



Natasha Guerra

CEO

RUNWAY EAST

“It is so important for women across all stages of their careers to have access to a strong support network that will help them to grow. Whether you’re the CEO of a corporate, the founder of a startup or a graduate just starting out in the world of work, having the right team around you can make all the difference.”

“Problems arise when you fixate on a result - often the outcome becomes the only measure of success. The same is true for a life plan. Be adaptable and open to opportunities. Invest in the process and put yourself in the best possible position to succeed, whatever you decide that looks like along the way”.



Caroline Field

Partner

FOX & PARTNERS



Beth Mitchell

Director - Field Customer Service,
Enterprise

BT

“Work out what you’re good at and don’t discount it if it’s not something you’d consider a traditional skill. I was always told I’m “good with people”. When I truly understood that in a work context I stopped trying to be like others and went looking for team leadership roles. I now lead a team of over 1000 people.”

“Look for people that inspire you and ask them to help you along the way. And most of all, realise that emotional intelligence is the key to unlocking your potential and growing as a person and progressing in your career.”



Abigail Rappaport

CEO and Advisor to The Telegraph’s
Women Mean Business Board

EMOQUO



Caroline Plumb

Founder & CEO

FLUIDLY

“Pay it forward. Proactively support the people around you and your networks with no expectation of return. A rising tide lifts all boats but, not only that, you will find goodwill returned in future opportunities that you can’t even currently see.”

“If anyone else has achieved something, that means that you can too. Copy what you can from the success of others that you meet. Where they had access to things that you don’t have, find your own way to get there.”



Zoe Cunningham

Managing Director

SOFTWARE



Tracy Westall

Non Executive Director, Portfolio
Director and Business Advisor

DEPARTMENT FOR TRANSPORT

“My advice would be to get a mentor/someone who you admire, can learn from, pick you up when you fall and who will tell you as it is especially when you can’t see the wood for the trees. Regardless of whether you are starting a business or making a change you need confidence and support. I think a support network is THE most valuable asset you can have.”

“Trust yourself - and don't be afraid to ask for help when you need it. I think too often people stay stuck waiting for the right moment. When in fact, the right moment may never come. Of course you should make a plan and figure out what you'll need in terms of finances, resources etc but there's probably things you can start now to make start moving towards your goals. It's your life so you should live it.”



Aine Mulloy

Co-Founder

GIRLCREW



Sally Dennis

Director - Customer Operations
at Financial Services UK

MERCEDES-BENZ

“My advice to anyone wanting to progress in the Automotive Industry is to never expect anything. Build your skills, make them transferable and, in turn, make yourself undeniably employable.”



Cherie Blair

Barrister and Lawyer

OMNIA STRATEGY LLP

“Believe in yourself, that way you will convince others to believe in you too”



Melody Hossaini

Founder & CEO

INSPIRENGAGE

“Women are the most judged part of our society, even more so as mothers. Make your own rules and create a situation you’re happy with. It’s in your control.”



Abi Wright

Managing Director and Co-Founder

SPA BREAKS

“Listen to your instincts and surround yourself with good people. When I first started Spabreaks.com everyone said I was mad, but I knew there was a gap in the market. I also work long hours but my team always keep me inspired and ready for the next challenge.”



Dr Jummy Okoya

Principal Lecturer & MBA Director, chair of women’s network, visiting lecturer at Imperial College Business school

UNIVERSITY OF EAST LONDON

“Create your reality: take continuous progressive actions towards your goal”

“You cannot expect others to know your value, if you don't know it yourself. Sit down, write down what you bring to the table and be confident in those skills. Through increased self-awareness, you will be able to showcase your skillset much more succinctly and ultimately, have others understand the strength you can bring.”



Sheree Atcheson

Board-Appointed Global Ambassador of Women Who Code. Consultant at Deloitte. Founder of I Am Lanka Org. Contributor of Forbes.



Kike Oniwinde

Founder & CEO

BYP NETWORK

“It's going to be difficult. You're going to question your decision. However, it will be worth it.”

“I am passionate about women and men having the same opportunities in the work place. There has been progress - the pay gap for people in their twenties has also but been eliminated. But it reappears when women have children even for those returning to full time work. Employers need to be much more flexible and culturally it needs to be more acceptable for men to take their a bigger share of family responsibilities.”



Sharon White

Chief Executive

OFCOM

If these words have inspired you to reboot your career, maybe we can help. All of the employers on our jobs board have made a commitment to supporting women in the workplace and their employee benefits are listed for everyone to see.

Go to [WORK180.co](https://work180.co) to browse jobs and set up a job alert so you're the first to know when a great employer is hiring.

 hello@work180.co

 work180.co



WORK