

# LIFE LESSONS



We want to create a podcast of the **amazing voices** from women in the north sharing their life lessons that will help others. We will **be the role models** for others. We want you to pick your 5 favourite questions from the selection below. We're looking for **short, snappy answers**. You can record this on voice memo or a similar app.

## FOR YOUR RECORDING YOU WILL NEED TO:

- Say your name and job title
- Read out the question and then your answer for your 5 chosen life lessons (keep them in 1 recording not 5 and keep answers short please).
- Send your recording back to us on email to:  
[podcast@northernpowerwomen.com](mailto:podcast@northernpowerwomen.com)



## Life Lessons

Alison Freer



"Keep your feet on the ground"

Please keep the combined length of your answers to below 5 minutes.

## PICK 5 OF THE FOLLOWING 12 QUESTIONS:

1. *Tell us about an important role model in your life... (this is a really popular question, most people say their mums! It would be great if you have another role model although mums are brilliant!)*
2. *What's one piece of advice that had really stuck with you?*
3. *If you had a chance to change a decision in your career, what would it be?*
4. *Tell us about a mistake and the lesson it taught you?*
5. *What advice would you pass on to someone starting their career today?*
6. *When have you faced imposter syndrome and what did you do about it?*
7. *What would you tell the 25 year old about work/life balance?*
8. *Tell us about a time you have had to be resilient.*
9. *What difference did having a mentor make to you?*
10. *Give us an example of when a strong business network came in to its own.*
11. *When have you taken a risk and what happened?*
12. *Do you regret not taking a risk? Why didn't you?*