

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

Life Lessons Irene Afful



'Education is the route out of poverty'

Please keep the combined length of your answers to below 5 minutes and try not to read from a script!

PICK 5 OF THE FOLLOWING QUESTIONS:

1. *When have you felt the fear and done it anyway?*
2. *What's a commonly accepted "rule of business" that you have found not to be true?*
3. *How have you dealt with being overlooked? Either for a project, a job or a promotion?*
4. *What has surprised you about working life?*
5. *Can you tell us who's been a role model for you, outside of your family?*
6. *Have you ever found an ally in an unusual place?*
7. *When has a failure turned out to be a positive experience?*
8. *If you're a working parent, how do you cope with the guilt factor?*
9. *Have you ever had to deal with workplace bullying? What did you do?*
10. *Have you ever been made redundant (or had to make someone redundant?) tell us about that experience.*
11. *When have you had to make a difficult choice about your career?*
12. *What's the one thing everyone should put on their CV- but often miss off?*
13. *Have you ever changed careers?*
14. *What are your top tips for making presentations, either within your company or at conferences?*
15. *How did you ask for a pay rise?*