

NORTHERN POWER WOMEN
PODCAST
POWER UP
SEASON

How To Level Up & Grab Opportunities with Louise Beardmore

Why social mobility is so important

- Our strengths lie in our differences and not our similarities!
- You're only as good as the team around you
- If we only surround ourselves with people who look like us, and who have had the same experiences, the same opportunities, what you get back is the echo chamber
- In order to create this diversity of thought and get that vital friction to the decision-making process, you need all experiences and perspectives at the table

How to create the life you want: improving or starting your career

- The key to everything is self-belief
- Find out what your special gifts and qualities are, and find a way to apply them in an area that means something to you
- Create those opportunities and throw yourself into the role that you've got
- Be absolutely brilliant at the job that you do
- By doing this, you will strengthen and expand your network, creating the opportunities for the job that you want
- As the old saying goes, it isn't what you know it's who you know. This is a large element of progressing successfully through your career, highlighting the importance of networking
- If you don't know the relevant people at the start of your career it can be difficult to create those connections
- Look up and around you in your current role, you'll start to see new connections who can even introduce you to other connections

How to Stay Focused and Smash your Goals

- Focus on the things that you can change
- Accept that there are things around you that you're not going to be able to influence and change
- Then understand how to deal with them
- "If I can't move that obstacle, how do I go around it?"
- Recognise the support that you have in place and draw strength from your network
- Just like in business, you can draw on expertise and skillsets of others - your personal network is no different