

Katherine Fairclough

Lead advisor to the Metro Mayor and the first-ever female Chief Executive of the Liverpool Combined Authority



NPWAwards 2022 Power List



NORTHERN POWER WOMEN
PODCAST

Be More You

SEASON

Hosted by Simone Roche MBE

HOW TO FIND A BALANCE IN YOUR PERSONAL AND PROFESSIONAL LIFE

How is being the first-ever female chief executive of the Liverpool Combined Authority?

Katherine discusses:

- How she dealt with the pressure of a senior role and her strong relationship with Metro Mayor Steve Rotheram
- Her different areas of activity including: net zero, housing, homelessness, business engagement, and innovation.
- How comfortable to she feels in her new role and her effort to build strong personal relationships

How does she handle pressure and expectation?

"It's one of the real drivers for me"

Katherine explains the strong motivations that she has in her life.

She also speaks about her drive to be involved in work that's around inclusion, social justice, and really wanting to make a difference.

She stresses the need for routine and sleep and how she balances work alongside being a stepmom, a daughter, a sister, and 'hopefully' a good friend.

The key to finding a balance between work and wellbeing

- Katherine explains how to be a high performing person in both her personal and professional life.
- Her love for mind maps.
- Finding the things that give her pleasure, but also stretch her.
- The importance of getting a more positive focus.

How can a woman be her authentic self in a male dominated environment?

"One of the things that I found most striking in my career is that when I started working in 1990, it was unusual to see female seniors, executives."

Katherine discusses:

- Times that she hasn't felt her authentic self due to workplace culture
- How working hours effect her mental health
- How being our authentic selves results in living a long, healthy, and happy life.