

Kate Mason - Key Take-aways:

1. Ambition = CLARITY of direction and becomes your compass. Being able to express where you want to go is key and then practice how you want to articulate this in low stake environments to get it right when the CEO or senior leaders ask you.
2. Build your foundations early, then pivot boldly e.g. high-stake assignments
3. As you build your capability and impact, build others around you. Lift as you climb
4. Develop deep functional expertise that transcends industries
5. Make peace with imperfect timing of roles and opportunities
6. It is your career and define success in your own terms and lead with your whole self.

Mary Lemonis - Key Take-aways:

1. It all starts with the sweet spot - the intersection point between what you love, what you're great at and what's important to let you live the life you want to live. This is your compass.
2. Be curious and open - it's great to have a plan but exploring the side-roads can lead to wonderfully unexpected places, opportunities and learnings.
3. Getting out of your own way - imposter syndrome is real, but the sooner we all realise that the human condition is grounded in 'insecurity' the sooner we can get on with it.
4. Hard times usually teach us the best lessons -we learn the most from the stormy seas, not the calm waters. Don't be afraid of them - this is where we typically grow the most.
5. The power to choose - it's all about making your elastic band 'smaller'
6. Sustainability is everything - understand your energy pyramid and take stock on what needs focus regularly.
7. Feedback is a gift and so is self-reflection - make sure there are people in your life that will be honest with you and be honest with yourself.