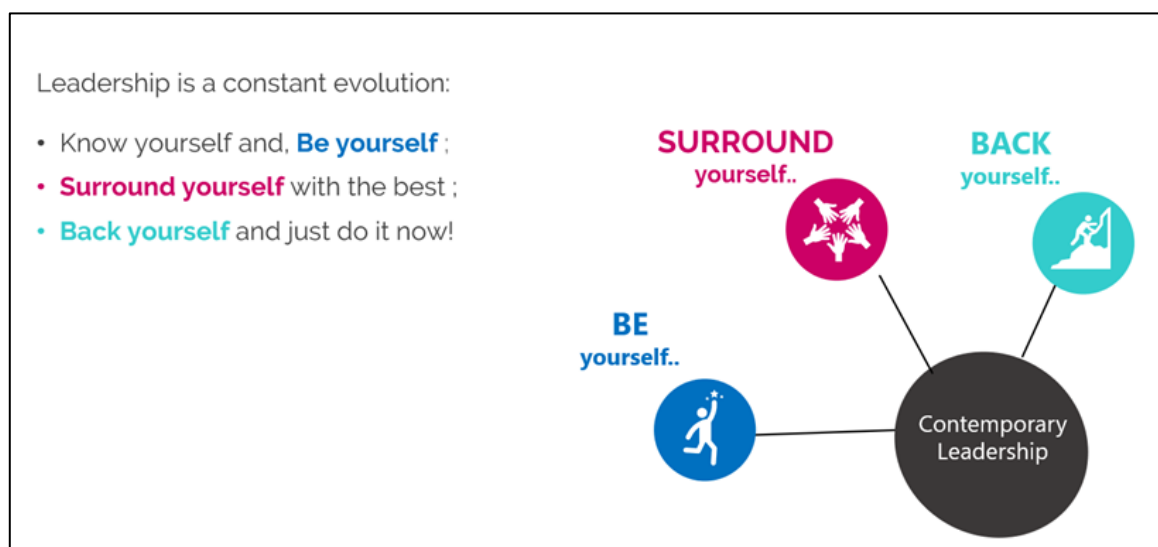


Key Take-aways – Session 5 – Empowerment

Lisa Barron

1. The importance of being open to being empowered.
Identifying where it is coming from.
Family, friends, colleagues or someone you come across everyday like your barista.
2. Even more important is to identify who dis-empowers you.
It can be subtle and over a long period of time, just whittle away at your confidence.
3. Always pay it forward, being consciously supportive where ever you can.
Make it a goal to empower someone you come across once a week.

Michelle Loader



Your role as a leader is a path only you can travel. Leading in a world that is changing rapidly means you can't do it on your own.

True empowerment isn't confined to the office, it extends into our homes, our relationships, and our choices. The most authentic leaders are those who show up consistently, whether they're in the boardroom or at the kitchen table.

4. **Be Yourself** (*Authenticity as your leadership superpower*)

- Leadership is still human, after all. The more you bring your whole self to work, the more others feel safe to do the same.
- Great leaders are the same person in the boardroom as at home. Authenticity builds trust, and trust builds impact.
- Hard conversations, at work or in life require courage and clarity. Being yourself means being willing to face discomfort with grace.

- Experience matters. Models and frameworks are helpful, but nothing beats getting your hands dirty. Sometimes the unexpected role is the one that teaches you the most.

5. **Back Yourself** (*Empowerment starts with belief—and a Plan B*)

- Financial independence is a form of leadership. It gives you the freedom to choose, to walk away, and to lead with integrity.
- Always have a Plan B. Not because you'll need it, but because knowing you could pivot gives you confidence to stay the course.
- Try things. Be honest about what works and what doesn't. Leadership is a practice, not a performance.
- Be brave for yourself. Take the leap, speak up, and own your space. You don't need permission to lead.

6. **Surround Yourself** (*Leadership is never a solo act*)

- You can't lead in a rapidly changing world alone. Build a support team that lifts you, challenges you, and celebrates you.
- Let others shine around you and in front of you. Empowerment is contagious.
- Be kind to others, some of the best ideas come from the most unexpected places.
- Love and thank your support team. Whether they're colleagues, family, mentors or friends they're the quiet force behind your impact. Saying thank you is free!