

Building a More Balanced World 2019

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In my 25 years, being around inspiring women in my personal, academic and professional life, I've learned that women are balance-artists.

My mum: balancing her vocations in special educational needs along with raising a family and instilling values of kindness, empathy and strength in us.

My manager and mentor at university: pursuing her PhD as well as enabling her students to reach their educational goals – all while raising her baby.

My managers and mentors at MC: balancing the responsibilities and joys of their careers, home lives and personal pursuits, and still making time to teach and support junior colleagues.

As with all balancing acts, it's not an effort undertaken alone. When we balance, we draw strength and stability from those around us. It's undertaken together, reciprocally, united. This is what #BalanceforBetter means to me. Everyone coming together to strike and maintain the right balance for a better society – for everyone.