



HERBERT  
SMITH  
FREEHILLS

# INTERNATIONAL WOMEN'S DAY - BE BOLD FOR CHANGE

08 March 2017 | Global

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In celebration of International Women's Day, we are pleased to showcase a selection of 60 second Q&A's.

Click a quote below to find out more.



HERBERT  
SMITH  
FREEHILLS

**“Success takes many different forms, don’t let society or others dictate what success is for *you*.”**

NICOLE BAMFORTH



HERBERT  
SMITH  
FREEHILLS

**“You’re part of the discussion for a reason, share your views, ideas, and recommendations. Saying no is ok if you have an alternative solution and you’re willing to guide and coach people through a new way of thinking.”**

LAURA CUTLER



HERBERT  
SMITH  
FREEHILLS

**“Really make yourself known and your ambitions known. Get involved, don’t wait for someone to invite you to play, just get among action. If you wait on the side lines waiting to be asked you may well be in for a long wait.”**

JANE HODDER



HERBERT  
SMITH  
FREEHILLS

**“Be yourself and show your personality. And speak up. If you are the person who never gets to say something at meetings because you are waiting for a gap so you can make your brilliant point, learn to interrupt. You soon realise that everyone else who is being heard is doing that.”**

REBECCA MASLEN-STANNAGE



HERBERT  
SMITH  
FREEHILLS

**“I think we are fortunate as women in the legal profession that we have a tremendous amount of female role models that show us just how much it is possible to achieve”**

SARAH MUNRO



HERBERT  
SMITH  
FREEHILLS

**“A successful and rewarding career path can take many forms and if the one you originally thought you were going to take changes, other opportunities come up which can lead to success and fulfillment in unexpected ways.”**

SIMONE PEARLMAN



HERBERT  
SMITH  
FREEHILLS

**“Speak up – for yourself, for your colleagues, for opportunities – don’t let a lack of confidence or seniority hold you back.”**

SARAH HAWES



HERBERT  
SMITH  
FREEHILLS

**“Don’t be disheartened by challenging situations or individuals, use them to your advantage to refine your own approach and style”**

ALISON LYMPANY



HERBERT  
SMITH  
FREEHILLS

**“Step out of your comfort zone! Be willing to take on challenges, to try something new to explore your potential. Life is a journey of learning, so no harm in trying!”**

LINDA LING