



## **MEDICAL WOMEN'S FEDERATION**

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### **Self-Certified Professional Development Worksheet for The Medical Women Podcast**

#### **Episode 13**

In episode 13, our guest is Caroline Goyder, voice coach and author. Caroline shares some exercises we can do to feel more confident using our voices when speaking on the phone, giving presentations, and speaking up in a meeting. She also gives us her perspective on what having gravitas means.

What were your three main learning points from this episode?

- 1.
- 2.
- 3.

How will you change your future practice based on what you learnt?

The aim of this podcast is to support and empower as many medical women as possible.

What one thing will you do in the next week to support your own career development?

What one thing will you do in the next week to support a colleague's career development?

Which one person will you share the podcast with this week to help support and empower them on their career journey?