



MEDICAL WOMEN'S FEDERATION

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Self-Certified Professional Development Worksheet for The Medical Women Podcast

Episode 14

This week's guest is author of 'How women rise' Sally Helgesen. Sally shares some of the habits that research shows hold women back. Understanding how we can overcome these helps women rise in their careers and lift others as they climb.

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?



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