

# The Female Lead Society Programme



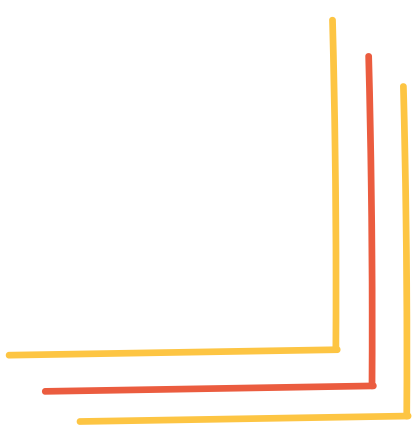
## INTRODUCTION

Our mission at The Female Lead is simple, but powerful: to help women find fulfilment and realise their personal goals, whatever they may be. We believe that it is important for both girls and boys to have access to positive female role models, to build girls' confidence and to help young men to appreciate women's achievements, and to find new role models of their own.

In 'The Female Lead: We Rise by Lifting Others', you will find 60 interviews with women who have achieved remarkable things. You will hear from a prime-minister and a singer, an Olympic athlete and a Disability Activist, a Comedian, a Nobel Peace Prize laureate, a mechanical engineer and a tailor. You will hear from women who have excelled in sport, broken new ground in science, made pioneering advances in technology, made art and advocated for change. In We Rise by Lifting Others; the women spoke again and again about a collective effort to make a positive change not just for women but for everyone

Through the collected stories we hope to show young women the countless routes to fulfilment. Together our female leads who range in age, background, career, nationality, race and beliefs demonstrate that no one journey is right or successful. They are living proof that we must find our own paths and question the traditional options that women have been granted until now. You can find video interviews with many of these women on our website, and we urge you to watch the footage and explore their remarkable stories in greater detail.

This resource pack is designed to be used alongside the book: the activities you find here will help you to talk and think about the broader issues to which the stories of our Female Leads connect; to consider the impact of role models on your own life; and to begin to look towards your own future, and the incredible potential you hold within you.



## Classroom Discussion & Activities:

### Task 1

Working in a pair or a small group, spend 5 minutes discussing the following question:

Can you think of some of the reasons why it is valuable to seek gender equality in the workplace?


Extension: Discussion questions

Working in a pair or a small group, discuss your answers to the following questions.

- Why do you think there are so few women in really senior positions (such as management boards or executive committees) in the workplace?
- What are some advantages and disadvantages of having more women working?
- What are some advantages and disadvantages of having more women in senior positions?
- Why do you think that companies do better when they have women on their management boards and executive committees?

### Task 2

Working in a pair or a small group, spend 15 minutes discussing the following questions:

- Do you have a sense of what being fulfilled might look like for a woman in 2020s?
  - What has changed for women over the last century to shift their perspective on a fulfilled life?
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### Task 3

Working in a pair, pick two women from the book and identify what aspects of their lives you think make them fulfilled? You can focus on:

Their careers  
Their family  
Their passions etc

### Task 4

Find a woman in the book you identify with most and discuss what resonates with you, what inspires you about them, what strengths and skills of theirs you relate to, how their story drives your ambitions.

Working in pairs, share your thoughts and compare how you have both related to the role models in this book.

### Task 5

Choose a woman in the book who has chosen a life path very different to your goals and ambitions. Think about why you were still drawn to them, what you could learn from their story and how unexpected role models can spark new ideas for your own future.

Working in pairs, share your thoughts and compare how you have both related to the role models in this book.

