

# Sophia Bennett

## WINNING LIKE A GIRL

"I'm never going to put boundaries on myself ever again. I'm never going to say I can't do it. I'm never going to say 'maybe'. I'm never going to say, 'I don't think I can.' I can and I will."

Nadiya Hussain, The Great British Bakeoff

### About the talk

- 'Winning Like A Girl' is a lively, personal talk, designed to help build girls' confidence and prepare them for a world where being successful on their own terms is challenging, and they will need to find their voice and speak up for themselves
- For girls in Years 9-12, as part of the English or PSHCE curriculum
- Lasts approximately one hour, including Q&A
- Can be given to an audience of any size – up to 400
- Uses Powerpoint slides
- Interactive: girls will be asked to stand up, try out power poses, and shout out their 'power word'
- Includes details from my novels, as well as some personal experiences from my life in the City and later as a writer
- Provides a practical toolkit of 'life hacks', and role models from the worlds of film, science, academia and books

### Background

Teenage girls often don't look as if they need any assistance with confidence. As a successful author, I probably don't look like it either, but we all do. Having talked to thousands of girls during school visits across the country, I am passionate about giving them the information, tools and role models they need. This talk is an honest account of how challenging it is to be a successful woman, even in the 21<sup>st</sup> century, and a call to action:

- Don't be a perfectionist if it holds you back
- Take risks
- Define your own image of success: dare to be yourself

### 10 questions answered in the talk ...

- When did women first get the vote in the UK?
- And in Switzerland?
- Who wrote the first computer program?
- Which number is bigger: CEOs of FTSE 100 companies who are women, or men called John?
- What is wrong with saying 'wow' in a board meeting? (As I did.)
- What is so inspirational about Jennifer Lawrence, Caitlin Moran and Mary Beard?
- What did Professor Lisa Jardine give her students before job interviews?
- What should power and success look like in the 21<sup>st</sup> century?
- What is your power word?
- How can you change your body chemistry in 2 minutes to be more confident and successful?

## What they said ...

*"All of Sophia's books are 'about girls learning to have the courage to be themselves and stand up for what they believe in.' It's a strong and challenging message for us all, and the long and loud clapping and cheering at the end of her talk showed that it's a message that Year 9 appreciated and took to heart."*

Mrs Swan, Librarian, Grey Coat Hospital School, Westminster

*"I found Sophia Bennett's visit very eye opening and a good self-esteem booster. It helped me to realise that I should not limit myself and I have all potential to chase my dreams. Her speech was inspiring, motivating and empowering especially for women... She made me realise my inner strength."*

Year 10 student, St Gregory's Technical College, Harrow

*"She inspired me to be more confident about myself. I tried my power word when I needed it and it really worked."*

Year 10 student, Elmgreen School, London

## Contact me:

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Cost of a full-day visit: £400 + travel, including 3-5 events and signings. Schools are welcome to club together and share an event.

Local half-day events: £250 + travel

Skype event: £150

