

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 21st 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 21st 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

