



INSPIRING WOMEN

2026-2027

REFLECTION &
LEARNING JOURNAL

FOCUS ON YOU



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WELCOME

WELCOME TO INSPIRING WOMEN AT WARWICK

Inspiring Women at Warwick was established to inspire, encourage and support the development of women across the University. Through a programme of speakers, conversations and networking opportunities, the network creates space for colleagues to reflect on their careers, learn from the experiences of others, build connections, and explore their future aspirations. The network welcomes colleagues from across the University and aims to foster confidence, growth and opportunity through shared learning and support.

There is no requirement to attend every session. Participants are free to attend as many or as few sessions as they wish, depending on their interests and availability.

HOW TO USE THIS WORKBOOK

This workbook is designed to help you capture ideas, explore new perspectives, record reflections and identify actions that will support your ongoing development. You may find it helpful to use the workbook:

- Before each session to prepare and reflect on the topic.
- During each session to capture key insights, questions and ideas.
- After each session to identify practical actions and opportunities for growth.
- Between sessions to support conversations during coffee catch-ups and reflect on how your thinking is evolving.

There are no right or wrong answers. This workbook is for you. Use it in whatever way feels most valuable to you throughout your Inspiring Women journey. The digital version of this workbook contains links to resources and websites.

YOUR LEARNING JOURNEY

Why are you here?

Take a moment to reflect before joining us this year:

What do I hope to gain from attending events and workshops this year?

What would I like to be different by June 2027?

One word that describes how I feel as I start this journey

My Journey

At the start:

I want more...

I want less...

I want to be known for...

I am proud of...

I want to develop...





SESSION 1 - WORK WORTH LOVING

This session explores how job crafting strengthens your energy, creativity, and impact.

BEFORE THE SESSION

Reflect on your current role:

What aspects of my role give me energy?

Which parts of my role drain me?

When do I feel most engaged and fulfilled?

What talents or strengths do I use too little?



DURING THE SESSION

Key insights:

What would I like to

do more of?

do less of?

do differently?



AFTER THE SESSION

The 30-Day Experiment

We would like you to commit to one small change for the next 30 days.

One small change I commit to making this month:

How will I know it is working?



COFFEE CATCH-UP REFLECTION

What happened when I tried my experiment?

What did I learn about myself?



SESSION 2 - YOUR IMPACT

This session aims to empower you to recognise, measure and communicate your impact.

BEFORE THE SESSION

MY IMPACT STORY

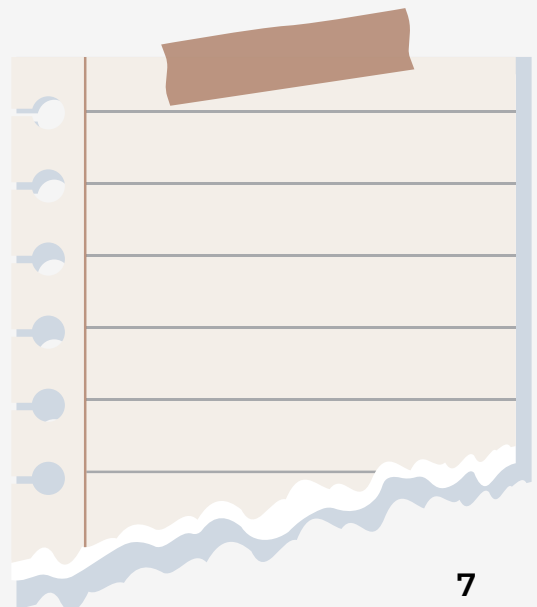
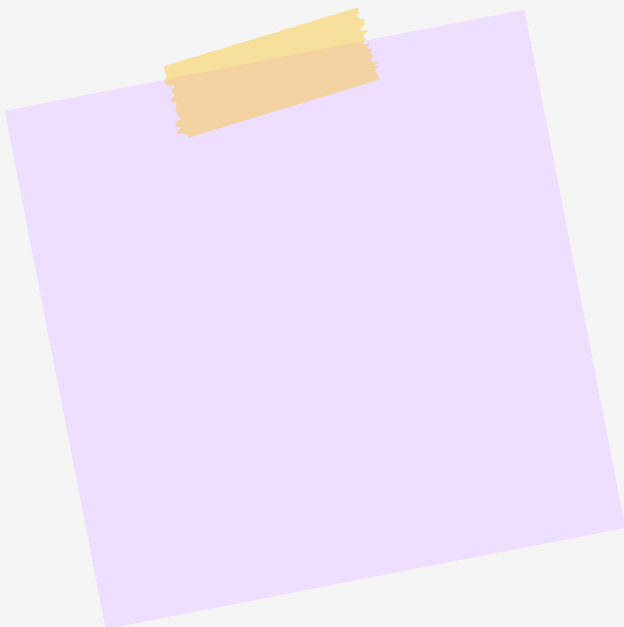
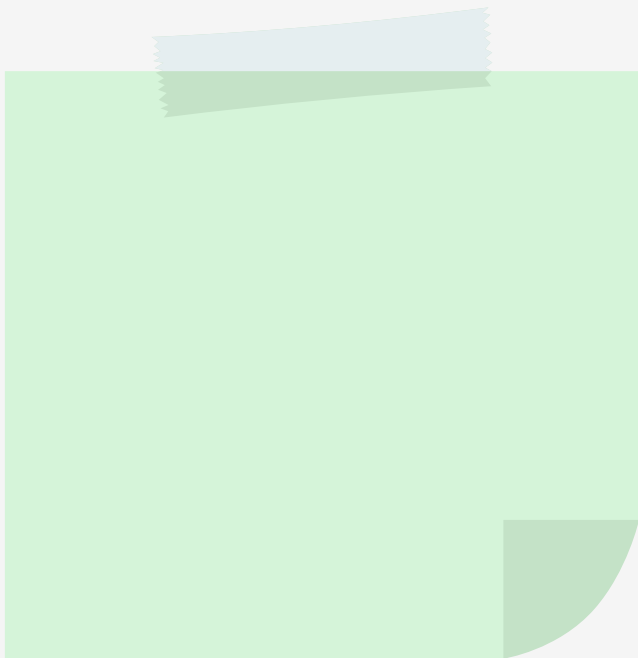
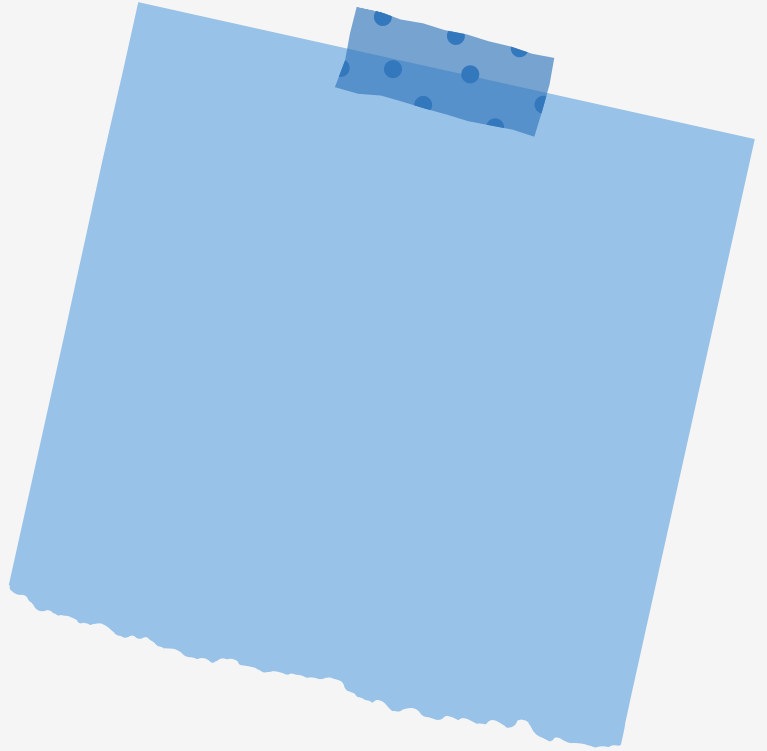
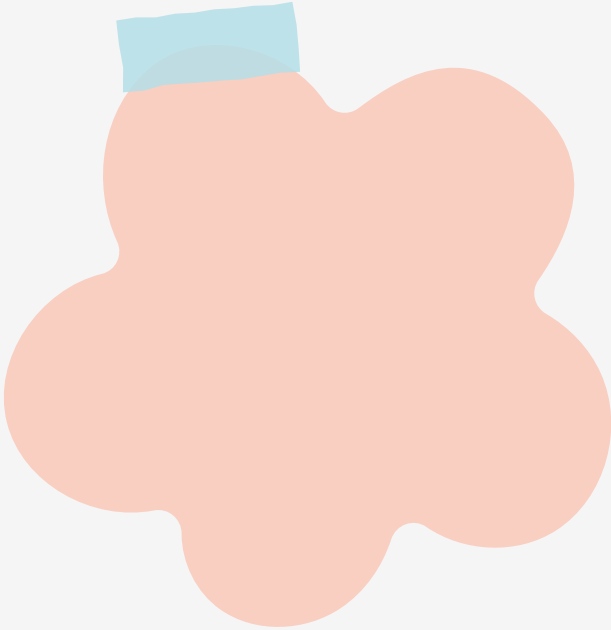
When have I made a difference this year?

Who has benefited from my work?

What strengths do people seek me out for?

What contributions might I be underestimating?

What evidence do I have?



DURING THE SESSION

Key insights

Communicate about your impact



I am proud that I have...

as shown by

AFTER THE SESSION

What evidence will I begin collecting?



COFFEE CATCH-UP REFLECTION

What gets in the way of recognising my own impact?

How can we support each other in celebrating successes more confidently?



SESSION 3 - YOUR WELLBEING

This session is about putting yourself back on the priority list and helping you identify strategies to thrive, not just cope.

BEFORE THE SESSION

Wellbeing check-in

At present how would I rate my

ENERGY	    
MOTIVATION	    
WORK LIFE BALANCE	    
CONFIDENCE	    

Currently what supports my wellbeing?

What I feel gets in the way of my wellbeing?

DURING THE SESSION

Key insights:

I will give myself permission to:

AFTER THE SESSION

What do I want to say

more often?

less often?

no to?



One small change I would like to commit to making this month:



COFFEE CATCH-UP REFLECTION

Since the session, which boundary have felt easier/harder to maintain?

What helps you recognise when your wellbeing is slipping?



SESSION 4 - YOUR STORY

This session is about celebrating your journey, finding your voice and owning your story.

BEFORE THE SESSION

Thinking back on the sessions I attended this year

What I have learned about myself?

What assumptions have I challenged?

What strengths have I recognised?

DURING THE SESSION

What / Who supports me?

What do I aspire to?

What do I need to let go of?

What are my strengths?

What grounds me?



Chapter 1: where I started <i>Influences, aspirations, values, early experiences.</i>	Chapter 2: A challenge I faced <i>Difficult experiences, disappointments, failures, barriers overcome.</i>
Chapter 3 : A turning point <i>Moments of learning, confidence, courage or new perspectives.</i>	Chapter 4: What I learned <i>My strengths, values, identity, voice</i>
Chapter 5: What is my impact? <i>What I bring to my work, community, the world</i>	Chapter 6: What is next? <i>The chapter I want to write next</i>



COFFEE CATCH-UP REFLECTION

What part of your story are you beginning to appreciate more?

What support, opportunities, or relationships might help you move forward?



SESSION 5 - LOOKING FORWARD

This session will give you an opportunity to hear from a panel of other women about their journeys and give you a space to reflect on your next steps.

BEFORE THE SESSION

Thinking about your journey with us so far

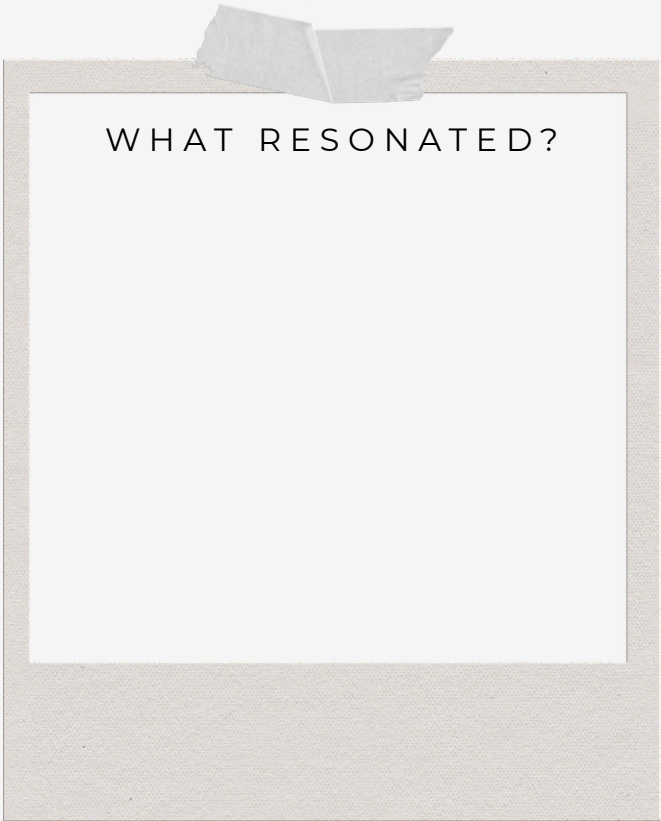
What is one belief about yourself that has changed?

What is one challenge that you would like to overcome in the next 12 months?

If everything went well over the next year what would be different for you?

Jot down any questions you may want to ask the panel:

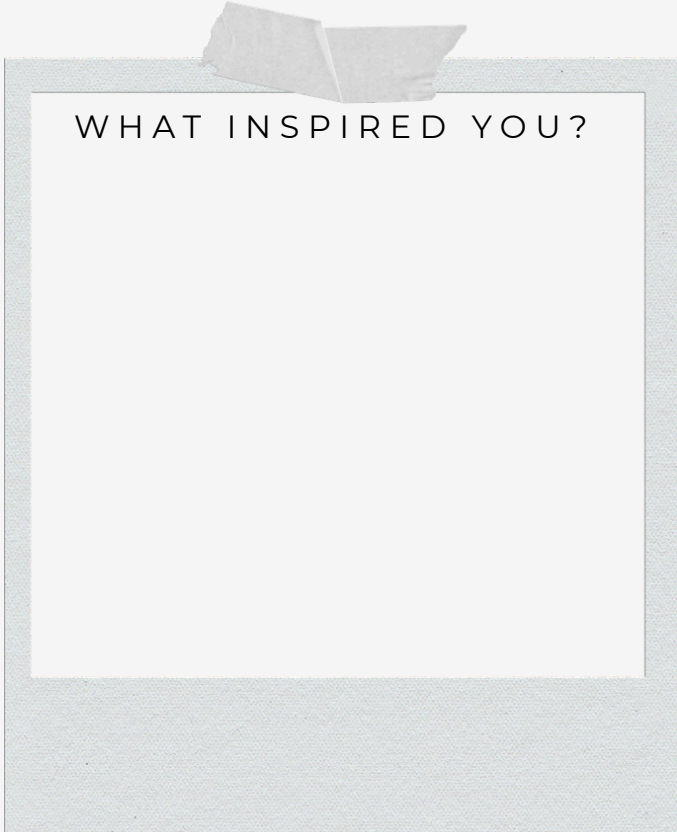
DURING THE SESSION



WHAT RESONATED?



WHAT SURPRISED YOU?



WHAT INSPIRED YOU?



WHAT CHALLENGED YOU?

AFTER THE SESSION

MY INSPIRING WOMEN ACTION PLAN

ONE THING I WILL DO MORE

ONE THING I WILL SAY MORE

ONE THING I WILL THINK MORE

ONE THING I WILL FEEL MORE



COFFEE CATCH-UP REFLECTION

What message or insight from the speakers has stayed with you?

What is one thing you know about yourself now that you didn't know when you started this journey?



FURTHER RESOURCES

READING LIST

SESSION 1 - WORK WORTH LOVING

Designing Your Work Life, Bill Burnett & Dave Evans (2020)

The Squiggly Career, Helen Tupper & Sarah Ellis (2020)

The Three Marriages: Reimagining Work, Self and Relationship, David Whyte (2026)

[Drive: The Surprising Truth About What Motivates Us, Daniel H. Pink \(video\)](#)

[How to Gain Control of Your Free Time, Laura Vanderkam \(TED Talk\)](#)

SESSION 2 - YOUR IMPACT

Brag Better, Meredith Fineman (2020)

Time to Think, Nancy Kline (2002)

Lean In, Sheryl Sandberg (2015)

The Impostor Phenomenon in High Achieving Women Pauline Clance & Suzanne Imes (1978)

SESSION 3 - WELLBEING

Burnout, Emily Nagoski & Amelia Nagoski (2025)

The Joy of Being Selfish, Michelle Elman (2022)

[The Power of Vulnerability, Brené Brown \(TED Talk\)](#)

SESSION 4 - YOUR STORY

The Gifts of Imperfection, Brené Brown (2022)

Finding My Voice, Valerie Jarrett (2020)

Telling the Story, Geoff Mead (2014)

The Danger of a Single Story, Chimamanda Ngozi Adichie (TED Talk).

SESSION 5 - STORYTELLING AND LOOKING FORWARD

Becoming, Michelle Obama (2021)

Playing Big, Tara Mohr (2015)

Your Body Language May Shape Who You Are, Amy Cuddy (TED Talk).

NEXT STEPS?

AT WARWICK

THE INSPIRING WOMEN COMMUNITY

We have a Teams group and will run the programme again next academic year.

INSPIRING WOMEN MENTORING

Become an Inspiring Women mentor or ask to be paired with an Inspiring Women mentor

WARWICK BUSINESS SCHOOL WOMEN'S PROFESSIONAL NETWORK

This network brings together alumni, students and staff interested in issues affecting women and all other underrepresented groups in business.

STAFF PARENT NETWORK AT WARWICK

This is an informal Teams group for parents amongst who work at the University of Warwick

NEXT STEPS?

OUTSIDE WARWICK

AURORA PROGRAMME

Aurora is Advance HE's leadership development programme for women in higher education. It offers a structured opportunity to explore leadership, build confidence, expand your network, and reflect on your career ambitions.

SPRINGBOARD WOMEN'S DEVELOPMENT PROGRAMME

A personal and professional development programme focused on confidence, communication, assertiveness and career development.

WEST MIDLANDS WOMEN'S VOICE

A regional network focused on increasing women's influence in policy, economic development and public life across the West Midlands.

CBI WOMEN IN LEADERSHIP NETWORK (MIDLANDS)

Brings together senior leaders and aspiring leaders from across sectors to discuss women's leadership and organisational change.

CONFIDENCE BOX

EVIDENCE OF AWESOMENESS AND IMPACT

