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## MY TEN DIRECTIVES TO BREAK THE GLASS CEILING IN OUR PROFESSION

### A. Those which depend on us:

1. Merits are a must; we must constantly keep building our skills and knowledge
2. Grow professional relationships, a network of the widest possible range of people
3. Gain visibility. Internal and external
4. Own the professional space that belongs to you
5. Maintain a healthy work-life balance: define your priorities. Find your super food/whatever you need to gain strength
6. Be yourself. It is the thing you excel at

### B. Those which the workplace must embrace:

1. Opportunity
2. Visibility
3. Flexibility
4. Mentoring/sponsoring

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