

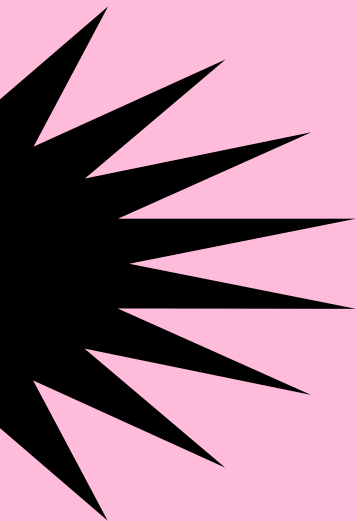
WWW.SEEHERPOTENTIAL.CO.UK



# See Her Potential.

**AT SEE HER POTENTIAL,  
WE BELIEVE IN EMPOWERING  
AND UPLIFTING YOUNG GIRLS TO  
EMBRACE THEIR UNIQUE  
TALENTS, SKILLS, AND DREAMS.**

**OUR MISSION IS TO CREATE A  
WORLD WHERE EVERY GIRL CAN  
UNLOCK HER FULL POTENTIAL  
AND CONFIDENTLY PURSUE HER  
ASPIRATIONS.**



Throughout time, countless extraordinary women have made remarkable contributions to society, overcoming obstacles and breaking barriers along the way. By learning about the remarkable women who came before us, we want to inspire you, ignite your imagination, and show you that your dreams are within reach. Women's history teaches us valuable lessons of resilience, determination, and unity. It helps us appreciate the progress we've made while recognizing the work that still lies ahead.

When women lead, they bring **diverse** perspectives, **fresh** ideas, and **positive** change. By encouraging girls like you to aspire to leadership roles, we aim to create a future where women's voices are heard, talents are recognized, and **gender equality** becomes a reality.

**You are never too young to make a difference.**

Let's unlock your potential, celebrate women's history, and shape a world where you thrive!



# THE WOMEN WE TALK ABOUT

01

**Elizabeth Garrett Anderson**  
The first female doctor in the UK

02

**Wangari Maathai**  
The first African woman to win a Noble Peace Prize

03

**Lee Tai Young**  
South Korea's first female lawyer

04

**Grace O'Malley**  
The pirate queen of Ireland

05

**Betty Friedan**  
The organiser of the first womens march in the 1970's

06

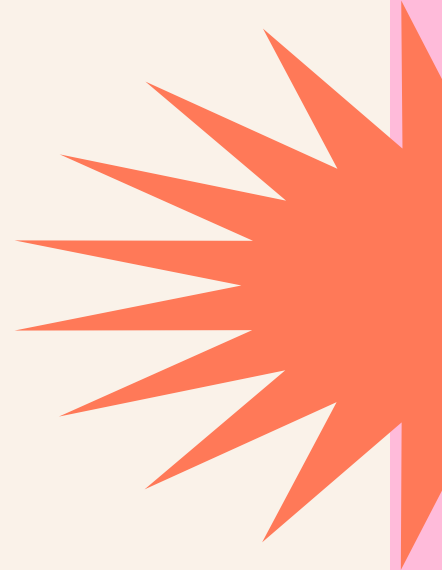
**Lily Parr**  
The UK's best female footballer from the 1920's

07

**Ann Makosinski**  
The inventor of the thermoelectric flashlight

# WHO IS A ROLE MODEL TO YOU?

Who do you look up to?



## WHO ARE THE AMAZING WOMEN IN YOUR LIFE?



# WHAT IS IMPORTANT TO YOU?



## What is important to you?

What are you passionate about? What makes you excited or makes your blood boil. We can use this to fuel our passions and realise what we want to do in life.

## What are you really good at?

*"Confidence is born in everything we have already done"*

Big or small, we all have skills and things that we're good at!



# CONFIDENCE BOOSTING SKILLS

We will help you to develop assertiveness skills to express your opinions, needs, and boundaries effectively. We will show you how to stand up for yourself and others, giving you confidence in your ability to assert yourself in various situations.

☀ 20 seconds of courage

☀ 1,2,3,4,5 countdown

☀ People can't see how you're feeling, they can only see your actions.

☀ Take up space

☀ Taking risks

# MANTRAS + AFFIRMATIONS

Mantras we can use to help us build confidence and self-esteem

**SIMPLY BEING WHO I AM IS ENOUGH**

**I AM NOT LIMITED BY PEOPLES PERCEPTIONS OF ME**

**I AM STRONGER THAN I KNOW**

**I CAN DO ANYTHING I SET MY MIND TO**

**I HAVE THE POWER TO CHANGE THE WORLD**

**I BELIEVE IN MYSELF AND MY SKILLS**

**I TRUST THE PROCESS**

**I DESERVE TO FOLLOW MY PASSIONS**

**IT'S ONLY A THOUGHT AND A THOUGHT CAN BE CHANGED**

**I FORGIVE MYSELF FOR ANY JUDGEMENT AND SET MYSELF FREE FROM ANY EXPECTATIONS.**

**I GROW WITH EVERY CHALLENGE**

Write some affirmations of your own, that are personal and helpful to you!

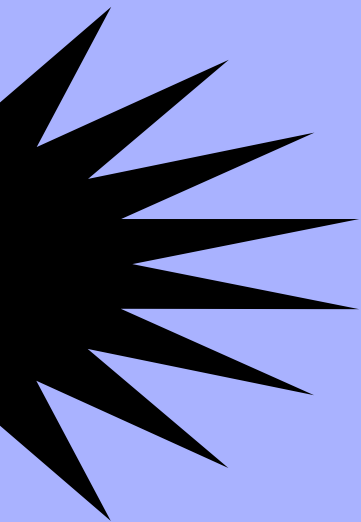
Write an affirmation for someone else

# WHAT IS YOUR BRAVEST POSSIBLE IDEA?

In a perfect world, with no limits what  
would your career be?



# RECOGNISING THE SIGNS OF BIAS + DISCRIMINATION

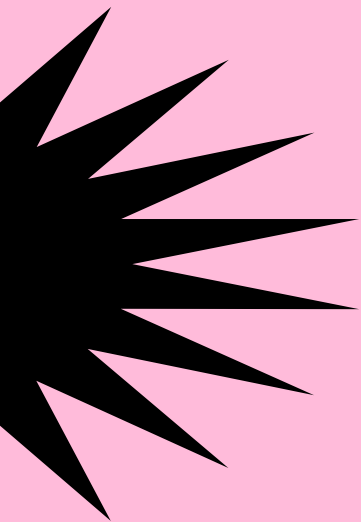


What barriers do women face when looking for jobs?

Ways to solve these issues?



# DESIGN YOUR PERFECT WORK PLACE



What would you need to feel safe and happy at work?

What gender stereotypes are applied to "women's" jobs and "men's" jobs?



# CONSENT

CONSENT IS AN AGREEMENT BETWEEN PARTICIPANTS TO ENGAGE IN SEXUAL ACTIVITY.

CONSENT CANNOT BE GIVEN BY INDIVIDUALS WHO ARE UNDERAGE, INTOXICATED OR INCAPACITATED BY DRUGS OR ALCOHOL, OR ASLEEP OR UNCONSCIOUS.

IF SOMEONE AGREES TO AN ACTIVITY UNDER PRESSURE, INTIMIDATION OR THREAT, THAT ISN'T CONSIDERED CONSENT BECAUSE IT WAS NOT GIVEN FREELY.

# COERCION

THE PRACTICE OF PERSUADING SOMEONE TO DO SOMETHING BY USING FORCE OR THREATS.

SEXUAL COERCION CAN BE ANY TYPE OF NONPHYSICAL PRESSURE USED TO MAKE YOU PARTICIPATE IN SEXUAL ACTIVITY THAT YOU DO NOT AGREE TO. CONTROLLING OR COERCIVE BEHAVIOUR IS ILLEGAL.

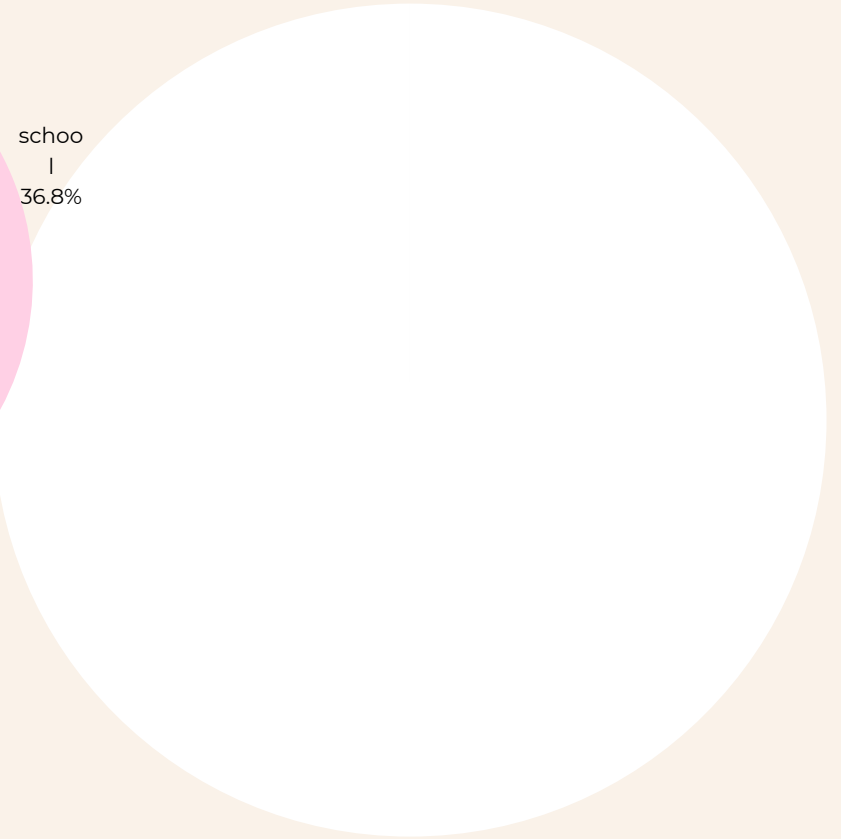
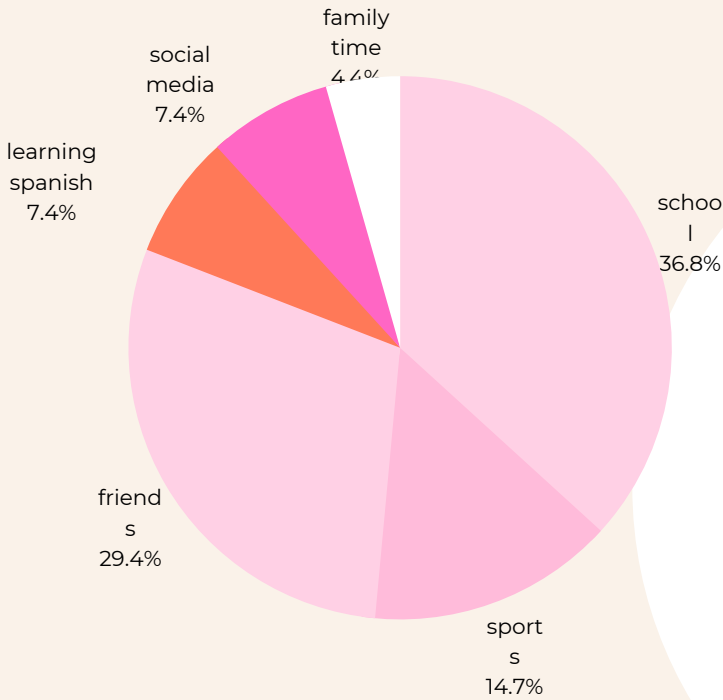
# POWER IMBALANCES

HAVING POWER OVER SOMEONE CAN INFLUENCE HOW COMFORTABLE THEY FEEL SAYING NO TO SEX — SOMEONE MAY FEAR NEGATIVE CONSEQUENCES FOR NOT CONSENTING.

UNEQUAL POWER DYNAMICS, SUCH AS ENGAGING IN SEXUAL ACTIVITY WITH AN EMPLOYEE OR STUDENT, ALSO MEAN THAT CONSENT CANNOT BE FREELY GIVEN.

# THE WHEEL OF LIFE

Draw out the sections of your life on the wheel and name them.



100  
%

The wheel of life helps us to look at our priorities in life, and shows us where we are focusing our energies.

What are your priorities?

What would you change about your Wheel of life? What areas do you like to focus more on?

# GLOSSARY

## FEMINISM

FEMINISM, THE BELIEF IN SOCIAL, ECONOMIC, AND POLITICAL EQUALITY OF THE SEXES.

## INTERSECTIONAL

RELATING TO THE INTERCONNECTED NATURE OF SOCIAL CATEGORISATIONS SUCH AS RACE, CLASS, CREATING INTERDEPENDENT SYSTEMS OF DISCRIMINATION OR DISADVANTAGE.

"SHE HAS AN INTERSECTIONAL EXPERIENCE AS BLACK, FEMALE, AND QUEER"

## PARTIARCHY / PARTRIARCAL

1 RELATING TO OR DENOTING A SYSTEM OF SOCIETY OR GOVERNMENT CONTROLLED BY MEN:

"A PATRIARCHAL SOCIETY"

2 RELATING TO A PATRIARCH:

"A TALL MAN WHO CUT A PATRIARCHAL FIGURE AS HE STRODE THE FLOOR OF HIS BUSY FACTORY."

## SUFFRAGETTES

1 A WOMAN SEEKING THE RIGHT TO VOTE THROUGH ORGANISED PROTEST.

"IN THE UK IN THE EARLY 20TH CENTURY THE SUFFRAGETTES INITIATED A CAMPAIGN OF DEMONSTRATIONS AND MILITANT ACTION, UNDER THE LEADERSHIP OF THE PANKHURSTS, AFTER THE REPEATED DEFEAT OF WOMEN'S SUFFRAGE BILLS IN PARLIAMENT. IN 1918 THEY WON THE VOTE FOR WOMEN OVER THE AGE OF 30, AND TEN YEARS LATER WERE GIVEN FULL EQUALITY WITH MEN IN VOTING RIGHTS."

# RESOURCES

[WWW.YOUNGMINDS.ORG.UK](http://WWW.YOUNGMINDS.ORG.UK)

[WWW.BEATEATINGDISORDERS.ORG.UK](http://WWW.BEATEATINGDISORDERS.ORG.UK)

[WWW.CHILDLINE.ORG.UK](http://WWW.CHILDLINE.ORG.UK)

[STEMETTES.ORG/ZINE/ARTICLES/A-Z-OF-WOMEN-IN-ENGINEERING](http://STEMETTES.ORG/ZINE/ARTICLES/A-Z-OF-WOMEN-IN-ENGINEERING)

[WWW.RAINN.ORG/ARTICLES/WHAT-IS-CONSENT](http://WWW.RAINN.ORG/ARTICLES/WHAT-IS-CONSENT)

[WWW.WOMENSAID.ORG.UK](http://WWW.WOMENSAID.ORG.UK)

@I\_WEIGH

[WWW.YOUNGWOMENSTRUST.ORG](http://WWW.YOUNGWOMENSTRUST.ORG)

[WWW.EQUALITYNOW.ORG](http://WWW.EQUALITYNOW.ORG)

[WWW.CLOSETHEGAP.ORG.UK](http://WWW.CLOSETHEGAP.ORG.UK)

[WWW.SEEHERPOTENTIAL.COM](http://WWW.SEEHERPOTENTIAL.COM)

# FEEDBACK FORM

1. HOW DID THE PERFORMANCE ON WOMEN'S HISTORY MAKE YOU FEEL?

2. DID THE PERFORMANCE CHANGE YOUR PERSPECTIVE ON WOMEN'S HISTORY?

1 2 3 4 5 6 7 8 9 10

DIDN'T CHANGE AT ALL

STRONGLY CHANGED

IF SO, HOW? WERE THERE ANY NEW INSIGHTS OR INFORMATION THAT SURPRISED YOU?

3. IN WHAT WAYS DID THE PERFORMANCE INSPIRE OR MOTIVATE YOU? DID IT SPARK ANY NEW INTERESTS OR PASSIONS?

4. DID THE PERFORMANCE RESONATE WITH YOUR OWN EXPERIENCES OR THE EXPERIENCES OF WOMEN YOU KNOW? IF YES, PLEASE ELABORATE ON HOW IT CONNECTED WITH YOU PERSONALLY.

5. HAS THE PERFORMANCE INFLUENCED HOW YOU PERCEIVE YOUR OWN POTENTIAL AND FUTURE?

1 2 3 4 5 6 7 8 9 10

DIDN'T CHANGE AT ALL

STRONGLY CHANGED

OUR ULTIMATE GOAL IS TO  
ENCOURAGE YOU,  
**TO DREAM BIG** AND  
**FEARLESSLY** FOLLOW YOUR  
**PASSIONS.** WE WANT YOU TO  
KNOW THAT YOU HAVE THE  
**POWER** TO MAKE A DIFFERENCE  
AND BE SUCCESSFUL IN ANY FIELD  
YOU CHOOSE.

**YOU CAN SHAPE THE FUTURE.**

See  
Her  
Potential.

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[@SEEHERPOTENTIAL](https://www.instagram.com/SEEHERPOTENTIAL)



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