



“Let us build bridges & not thrones”

Kate Hardcastle MBE

When I celebrate IWD 2021, I personally commit to doing so with authenticity and purpose. I want to ensure that everyone is part of the conversation and has the platform to be heard – and if that means we must look at how we can share the opportunities and work together to challenge and break through barriers – even better. Let us build bridges and not thrones.

In my field I have often been seen as a pioneer breaking new boundaries and engaging across multiple sectors and have faced into difficult times where I have been bullied or harassed by colleagues.



It was not pleasant or comfortable at many points, but I stayed true to my values and I made one firm promise to myself that I wanted to be the last person out into that position – so I must change attitudes and pre-conceived ideas by letting the

work speak for itself. It can be hard to challenge something when you are also dealing with how it affects you as a person – but we do all need to rise above it and make change.

“Simply – Two Ears, One Mouth – use in that order”

I am so fortunate to work with a largely female team, and I learn just as much from them as I hope they do from me. My younger colleagues have helped me to connect and engage in new ways. I hope I can continue to reiterate the importance of knowing your values and sticking to them. It is so important – and we are in complete control of this. Is it worth taking a shortcut when it comes to our own brand? I don't want to over-promise and under deliver, network feel confident in my authenticity and delivery.



“TODAY IS ABOUT DEEDS OVER WORDS. SO, IF YOU WANT MORE WOMEN RUNNING BUSINESSES - BUY FROM THEM.”

Jenny & Oonagh Simms - The Marshmallowist

“WE ARE THE AVERAGE OF THE FIVE PEOPLE WE SPEND THE MOST TIME WITH, SO WE NEED TO BE CAREFUL WITH OUR FIVE”

Rupal Patel



“YOU NEVER KNOW WHAT LITTLE GIRL OR YOUNG LADY YOU UNKNOWINGLY GO ON TO INSPIRE TO BE A PIONEER WHO WILL HERSELF, ONE DAY, HELP TO SHAPE THE FUTURE”

Natalie Graham

I am a very fortunate lady in that I have the company of my three fabulous children to look forward to – and I love to travel and learn with them. But for my own time, I enjoy dipping back into my original career path as a singer – and getting back into the recording studios as often as possible.