

Relationships:

NextGen Healthcare (NXGN) Board Member and Equity holder
4D Medical (4DX.AX) Board Member
Agamon, Member Medical Advisory Board
Ryver.ai, Member Medical Advisory Board
National University of Ireland, Member Governing Authority



Be kind to yourself

Who
PLANCK LENGTH

Where

NOT APPLICABLE ()

The smallest possible size for anything in the universe is the Planck Length, which is 1.6 x10 - m across.

Equivalent to around a millionth of a billionth of a billionth of a billionth of a cm across (a decimal point followed by thirty four zeroes and a one), this is the scale at which the quantum foam is believed to exist: the laws of quantum physics cause minute wormholes to open and close constantly, giving space a rapidly-changing, foam-like structure. If we were ever able to exploit the tremendous energy of the quantum foam, then the power contained within one cubic centimetre of empty space would be enough to boil the Earth's oceans.





Not everyone is an extrovert...and that's a good thing



Geraldine

Pronunciation /dʒɛrəlˈdiːn/ jerr-əl-DEEN

Gender Female

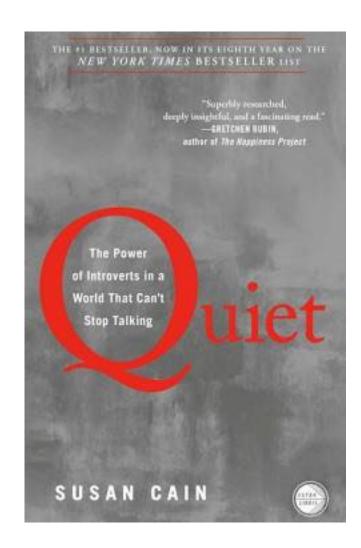
Origin

Word/name French, Old German

Meaning Spear Ruler

Other names

Related names Gerald, Jerald, Jeraldine



"Our culture is biased against quiet and reserved people but introverts are responsible for some of humanity's greatest achievements" Susan Cain



Build your network with intention



"the people who are in the rooms where it's happening and will help to get you in there"



Research: Men and Women Need Different Kinds of Networks to Succeed



The importance of sponsors who don't look like you





"when women are mentored by men – especially in traditionally male organizations .. they have clearly tangible career outcomes that are often better. And is this because guys are better mentors? No.. it's because they have different kinds of positions and more power"

David Smith author of "Athena Rising"

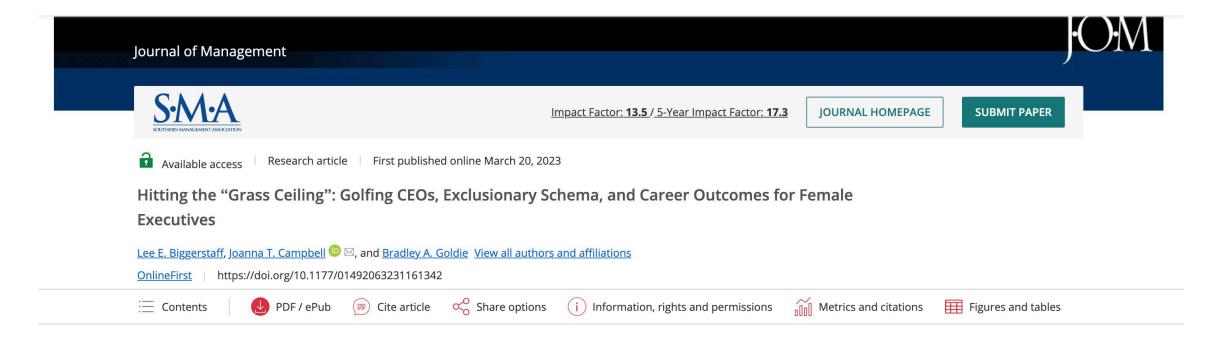


Reach back and hold the door open





Seize the moment to socialize



"Women are 12% less likely to be represented in the C-Suite when their CEO plays golf"



Use your time with leaders wisely: Be Prepared

"I do not wing it, I never wing it"

Treasury Secretary Janet Yellen



- What are the organization's priorities
 - Mission, vision and values
 - Strategy
- Are there current challenges that your boss/the organization is facing
- What is your goal for the conversation
 - Networking
 - Other
- What is the problem you need them to solve
- Can you bring a solution
- Etiquette
 - Be nice to the Administrative team
 - Follow up



What not to do

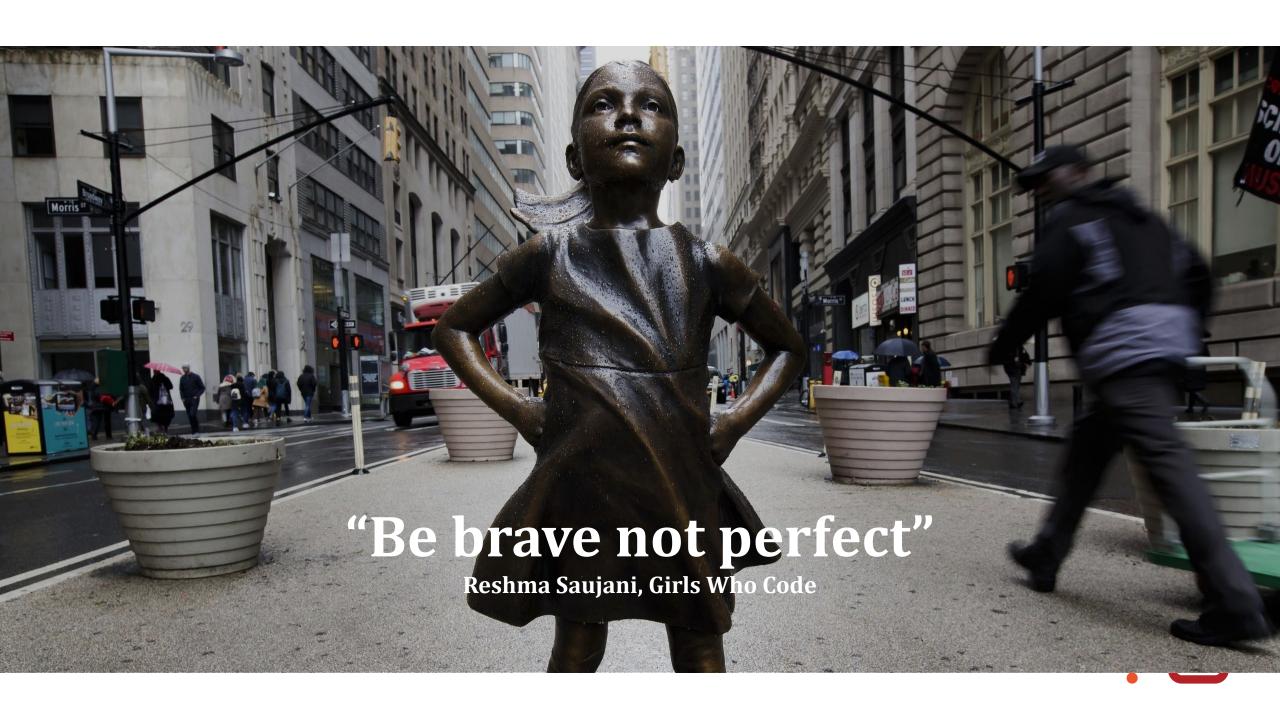
- Not keep track of the time
- Go around the chain of command....unless you absolutely need to
 - Does the risk to the organization merit it
 - Are you at risk if you do not report the issue
 - Ask the Ombudsperson
- Badmouth your colleagues or immediate supervisor



We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes — understanding that failure is not the opposite of success, it's part of success.

— Arianna Huffington





"In moments of vulnerability I try to remind myself I'm strong and I'm built for this"







Image created by Lisa Pampillonia