



Brisbane Woman

With Kylie Welsh

Inspiring Women

For a long time, women were left out of Australia's history books. Standing in the shadows, they were limited to supporting their husbands and achieving great results without public recognition. Today, however, women are standing in the limelight and basking in the glow of inspired thought and action.

Inspirational women aren't always famous. Each day we meet people who, in the smallest instance, can make us stop and reflect on our own lives. So, what makes a woman inspirational? Pollyanna Lenkic, an Executive Coach who helps women achieve their goals, offers her thoughts: "Inspirational women are connected to their purpose and their passions. They know who they are and what matters to them. As a result, they exude a confidence which inspires others."

Reflecting on the amazing influence Jane McGrath had on other breast cancer patients, Pollyanna admits, "The ability to create meaning from adversity is also inspirational. We all have terrible experiences in life. Sometimes, adversity forces us to create meaning and move forward with our lives. Other times, it is about identifying what is no longer acceptable in our lives, using this as an anchor to create change and, in the process, finding out what really inspires us. It is not what people have achieved necessarily, but who they are being in the process. What people do and who they are can be phenomenally inspirational to others."

Connecting to your passion is a good start, but having persistence to achieve your goals is also a compelling factor. Many women unfortunately lose sight of their goals when success does not come easily. I have witnessed rejection being taken as a sign that, 'I am not good enough' many times. If success was so easy, wouldn't we all be holidaying in the Bahamas right now? It took twelve months of rejection with my first book, *Impertinent Women*, before I found a publisher willing to give a new writer a chance. Imagine if I had given up after the first few rejections? If you can maintain your focus and commitment through the tough times, then an inspiration to others you become.

According to Pollyanna, we regularly look for big events in our lives to give us inspiration, but inspiration often comes simply from taking a personal chance. "I worked with a corporate client who did not trust her own opinion. As such, her co-workers did not trust her judgement either. I worked with her initially on speaking up more in meetings. This was completely out of her comfort zone, but she took up the challenge and it payed off tremendously. Both her work life and personal life improved."



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Amanda Scanlan, Co-Director of North Partners Communication in Toowong says, "I think everyday women who achieve extraordinary things are inspiring. Their qualities include energy, focus, humility, courage and eternal optimism. One of my former work colleagues went through the experience of losing a child. A working, single mum of two, she started a charity with the Mater Hospital and managed to raise over \$90,000 for research. I also consider women like Dr Fiona Woods, voted Australian of the Year for her work with burns victims, and the Governor General Quentin Bryce to be inspirational." Kelly Thomas, a local lawyer from

Newstead, says, "I am inspired by women who find their special talent, skill or quality and use it as a catalyst to create their

own happiness. I am also moved by women who excel, but aren't necessarily famous. For example, there is a woman at my work who has just been invited to be a partner. She inspires me because she is in my industry and works incredibly hard. The recognition she's receiving is well earned. My yoga instructor inspires me, too. She's spiritual and calm and loves her craft. Being around her makes me want to do my best. My friend's sister is 45 and has just found the love of her life. I find this inspiring because she has withstood so many heartbreaks and maintained a patient, positive outlook."

Melissa Healy, Director of Futari Design in Nundah says, "Women with drive, determination, a positive work/life balance and sense of humour inspire me. I've always been in awe of Florence Broadhurst, a vivacious Queensland woman who created her own destiny. She was passionate about the creative arts and tested the conventional mould. I was inspired by her flamboyant style and the confidence she had in her abilities."

It's said often that inspiration comes from the everyday. If we lived each day feeling inspired, just imagine what we could achieve!

Bucket List

"I love the idea of being on top of the world on a beautiful, clear day and seeing the world from a totally different perspective. Those first few seconds of free falling must be electrifying and this is why a sky dive is on the top of my list. It makes me feel exhilarated and petrified just thinking about it!"



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