

Successful Women In Business – Leadership Edition

# Successful Women In Business

## Leadership Edition



Edited by Jacqueline Rose

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***The Thought Leaders Who Contributed To This Book:***

*Anjani Amriit, Alison Blacker, Tracy Richardson, Chris Roberts MBE,*

*Carly Hooper, Marie Friend, Gen Edwards, Junko Kemi,*

*Honey Lansdowne, Effi Mai Paul, Lorena Öberg, Debi Wallbank,*

*Alexa Doman, Christine Khor, Renee Catt, Suzi Chen,*

*Emma Coleman, Linda Stewart, Judith Treanor.*

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# Welcome To Successful Women In Business - Leadership Edition



Women entrepreneurs are rarely satisfied with the status quo: Instead they strive to build the world in the way it should be rather than abiding by a system that's potentially archaic or outdated. During the course of researching this book we have come to realise that breaking down barriers for women in the workplace is key to success for companies and for countries.

That's the message we hope you will pick up from this book. When more and more women are seen at the top of organisations and running high growth

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technology businesses, the more this will be regarded as the standard and a perfectly normal, and logical, path to choose.

Starting a company, or managing a company through a period of transition and growth, can be a riveting roller coaster of emotions with tremendous highs and at times, difficult lows. But despite the challenges, many women have risen to become leaders and influential figures in their respective areas.

Successful Women In Business Leadership Edition recognizes and celebrates the outstanding contribution made by individual women to their businesses and, in many cases, their local communities. The business leaders profiled in this book are of various ages, social backgrounds and industries. However, the one common thread which unites them is that they dared to believe. And, in believing, they made the seemingly impossible a reality.

Their individual stories tell of the challenges we all face: uncertainty, fear, discouragement, hope, commitment and yes, that indefinable, illogical and yet all-consuming belief that we will succeed against all odds. These are real-life individual stories of success that I hope will also encourage you to believe and to make that difference.

*Jacqueline*

Jacqueline Rose

Editor of The Energy Healing Magazine &  
A Woman's Bible  
Jacqueline Rose Art

# The Secret Inner Path to Balance and Business Success

Do you feel that you are expected to prioritise everyone else's needs above your own, constantly juggling responsibilities while putting your own dreams on hold? Do you struggle to find a healthy balance between the demands of your family and work leaving no time for yourself? Do you believe that a life of personal happiness and professional fulfilment is an elusive fairy-tale? You are not alone!

Women in business often face cultural and societal expectations that can place us under pressure to conform. When it comes to work-life balance, there is an expectation that we have to juggle multiple roles and responsibilities, both at work and at home. The pressure to excel in our careers while maintaining a perfect work-life balance is overwhelming and can often create feelings of guilt and inadequacy.

Then there is the pressure to be perfect in all aspects of our life, including our appearance, work performance, and personal lives. This can create a constant striving for unattainable standards, leading to chronic exhaustion and self-doubt. When it comes to assertiveness, negotiation, and ambition, there are double standards for men and women. Behaviours that are praised in men, such as being assertive and confident, can be seen as aggressive or overly ambitious when displayed by women. Ironically, it is only when we start to challenge these expectations and embrace our individuality that we can pave the way for greater inclusivity, diversity, and empowerment in the professional world. Only then can we find balance and create sustainable success in business.



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This is my personal story of how I stopped conforming to external expectations, and many self-induced ones, to redefine my own path to success. I share this with you to encourage you to embrace your unique, courageous spirit and step into a future where you define your own success and find a healthy, happy balance in your business and life.

### ***Fitting In***

For most of my life I conformed to everyone else's expectations. Bullied at school for being overweight and having darker skin, I was desperate to fit in. Being the only daughter sandwiched between two brothers in an immigrant Greek Cypriot and Polish family, I was expected to help Mum with the housework and take care of the men of the house. I never questioned it.

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***About The Author***

Corporate lawyer turned TEDx speaker, bestselling author, and trusted mentor to high flyers, Anjani Amriit went from burnout to breakthrough. A 16 year career as a corporate lawyer, with no personal strategies to manage the pressure she put herself under, left her burned out.

When Western medicine left her high and dry, she turned to alternative therapies. Anjani quit her nine to five and retreated to India on her own 'eat-pray-love' journey. She re-qualified as a spiritual psychologist, yoga and meditation teacher, holistic health expert, and natural healer.

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Anjani is a trusted advisor with over a decade of experience in training high performing leaders, CEOs, teams and executives. Using her 'internal dynamics' method, she helps her clients connect with their 'inner power' so that they can find sustainable fulfilling success without burning out.

Anjani offers keynote speaking, private and group mentoring programs and profound purpose retreats that guarantee mystical adventure and transformation. Her corporate savvy and natural intuition make her highly sought after.

Born and bred in England, Anjani is now based in Sydney, Australia and has a global client reach. She is regularly featured in the media, is an avid poet, songwriter and adventurer.

***To Find Out More Visit:***

***Website:*** <https://anjaniamriit.com/>