

Step 1: Big fish - Little pond

- Join professional institute
- Get involved, particularly conferences
- Get elected to the Board
- Take on extra activities at your workplace
- Put your hand up to work with other teams
- Seek leadership and acting opportunities

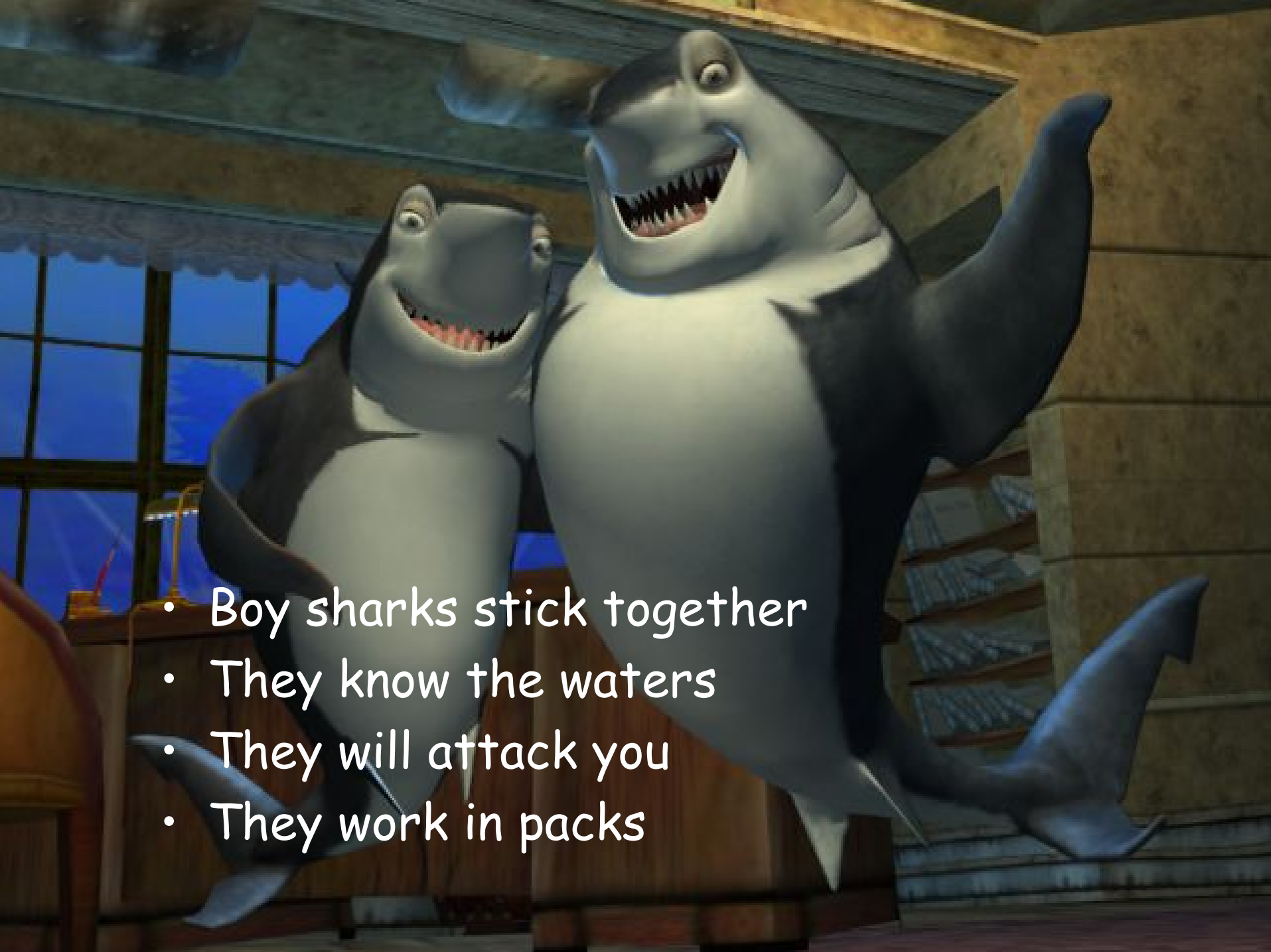
Step 3: Little fish - Big pond

- Is it what you want?
- Will it take you where you want to go?
- Jump into a different pond
- Don't be afraid



Step 4:
Learn to swim with sharks

- The higher you go the more sharks there are

- 
- Two cartoon sharks are standing in a room, possibly a house. The shark on the right is larger and has its mouth wide open, showing sharp teeth. The shark on the left is smaller and also has its mouth open. They are both looking towards the viewer. The room has a window with a blue sky and a wooden desk with a lamp in the background.
- Boy sharks stick together
 - They know the waters
 - They will attack you
 - They work in packs

- 
- It can be frightening
 - Stay one step ahead
 - Remember sharks never sleep

Step 5:

Have a mentor

- Need to be
 - wise
 - battle scarred
 - rational
 - calm
 - accessible



Oscar! Don't you question the way of the warrior! The street life feeds my kung fu and makes me strong! WAAYAH! HIYAH! WOO!

A scene from the movie 'The Incredibles' showing Mr. Incredible looking at a large, spiky, purple and yellow alien creature. The creature has a large, round head with a yellow face and purple body, and a large, spiky, purple and yellow mane. Mr. Incredible is on the left, looking at the creature with a surprised expression. The background is a blue, rocky landscape.

Step 6: Practice the art of illusion

- Appear bigger than you are
- Face adversity without fear

Step 7: Have a professional support network

- Find others who share your experiences
- Confide and trust
- Support and encourage
- Make the time to see each other

Step 10: Take opportunities

- If you are asked to speak - do it



- Don't be afraid of the limelight
- Make the most of every opportunity



Final Step :

Hold on to your dream

- You can have have the big office
- There is a price to be paid
- Make sure you want to pay it
- You will bear the scars
- It is not easy
- But there is nothing better than living your dream