

well
said

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CEO: Tim Holder

Group Editor: Suzannah Pearce

Editor: Caroline Jeppe

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introduction

Words are amazingly powerful. They have the ability to inspire, teach, challenge and motivate us. The right turn of phrase will strike a chord and resonate long after the words themselves have disappeared. People have been called to action and lives have been transformed because of a few simple words or an idea well said.

Earlier this year we published *Who's Who of Australian Women*. Included alongside the biographies of 4,500 notable women from all walks of life were the women's personal contributions, in their own words. We wanted to show what makes these outstanding women tick, what drives them; it was an opportunity for the women to share their beliefs, their mantras and the advice that they return to time and again. This book features over 200 of those contributions – perspectives about career and family, success and happiness, sport and business and art and life. The following pages hold a written collection of insights, ideas and lives. Who knows what these words are destined to become.

A handwritten signature in black ink, appearing to read 'Suzannah Pearce'.

Suzannah Pearce
Group Editor



common ground

Writing is for me about trying to find a connection point – to oneself and to community. The most important aspect of my career has been to explore the commonalities we share, regardless of race, geography, circumstance or position. Winning an AFI Award early in my career was a great affirmation of my career choice – to find, interrogate and celebrate the human experience, and offer my own, as an Australian woman of colour.

Cath Moore
Freelance Scriptwriter and Scriptwriting Lecturer

servants and masters

The 'higher' you rise in an organisation the more you are the servant and less the master.

Sue Nattrass AO
Arts Consultant

perspective

My mother always told me how important it is to be financially independent, so that I can have more choice in life. I also think it's imperative to find that elusive 'balance' in life. My recent trip to remote areas of Thailand with World Vision certainly put that into perspective. As Australians, we are extremely fortunate.

Livinia Nixon
Television Presenter and Ambassador and Face of Melbourne

nothing to lose

Never waste an instant, every moment, every day is as valuable as the previous and as precious as the next. When I let go of my fear of failure I had nothing to lose.

Monique Forestier

Sport Climber and Commercial Manager
First Australian woman to climb Grade 32 (8b+)

no limits

The only limit to our realisation of tomorrow will be our doubts of today (Franklin D Roosevelt).

Cathy Freeman OAM

Media and Communications Officer, former Professional Athlete
Olympic Gold Medallist, Australian of the Year 1998

for life

Health, fitness, youthfulness – for life.

Shane Gould MBE

Swimmer, Swimming Instructor, Public Speaker and Company Principal
Olympic Gold Medallist, Australian of the Year 1972

motivation

I learnt how to motivate myself for my own reasons, to dissipate perceived pressure from others and get the best out of myself under undesirable conditions. I learnt to be my best friend and to like myself. I think a big part of my success was that I never stopped trying to be better and I was truly honest with myself...Of the hundreds of competitions I raced in, I only have six or seven races where I felt unstoppable and on top of the world. And on some of those days I didn't win either. I won many races not feeling 'great'. This is the reality. I believe that 'Anyone can have a bad day, can you make the best of it?'

Mary Grigson

Registered Nurse and Mountain Biker
Named Australian Female Mountain Biker of the Year 1996
and American Mountain Bike Woman of the Year 2001

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