

## ELECT HER'S

Books, podcasts, talks and films to help you on your political journey, recommended by our team and community.

## READING LIST

Have you got any good suggestions for us to add? We'd love to know!

## GET INSPIRED!

# INSPIRING LEADERSHIP

### Books

**Women and Leadership: Lessons from some of the world's most powerful women** Julia Gillard and Ngozi Okonjo-Iweala

Women make up less than 10 percent of national leaders. Behind this statistic lies a pattern of unequal access to power. Drawing on current research and in conversation with some of the world's most powerful and interesting women about their lived experience, Gillard and Okonjo-Iweala explore gender bias and ask how we get more women into leadership roles.

**Yes She Can** Ruth Davidson

Inspirational women from around the world with a variety of backgrounds and fields discuss their journeys to the top.

## **She Speaks Yvette Cooper**

'She Speaks' is a collection of women's speeches that changed the world throughout history.

## **The Moment of Lift: How Empowering Women Changes the World Melinda Gates**

Melinda Gates shares how through her work, it's clear if you want to lift a society up, invest in women. Along the way, she shows some of the tremendous opportunities that exist right now to "turbo-charge" change, provides simple and effective ways each one of us can make a difference and introduces us to some of her heroes in the movement towards equality.

## **Women of Westminster: the MPs who Changed Politics**

### **Rachel Reeves**

This book brings forgotten MPs out of the shadows and looks at the many battles fought by the Women of Westminster, from 1919 to 2019.

## **My Life on the Road Gloria Steinem**

In vivid stories that span an entire career, Steinem writes about her time on the campaign trail, from Bobby Kennedy to Hillary Clinton, her early exposure to social activism in India and organising ground-up movements in America. With the unique perspective of one of the greatest feminist icons of the 20th and 21st centuries, here is an inspiring, profound, enlightening memoir of one woman's life-long journey.

## **Pleasure Activism adrienne maree brown**

How do we make social justice the most pleasurable human experience? How can we awaken within ourselves desires that make it impossible to settle for anything less than a fulfilling life? Editor adrienne maree brown finds the answer in something she calls "pleasure activism," a politics of healing and happiness that explodes the dour myth that changing the world is just another form of work.

## **Giving Back: How to do Good, Better Derek A. Bardowell**

Do you wish you could do more to change the world but don't know how? Do you ever look around at the many charities asking for donations and feel overwhelmed? During a period when British society seems more divided than ever, and our decision makers are even more disconnected from the issues that keep us awake at night, Giving Back highlights the people and movements taking on some of the most challenging social issues of our time.

## **How Compassion can Transform our Politics, Economy and Society Matt Hawkins and Jennifer Nadel**

Drawing together experts across disciplines – ranging from psychology to climate science, philosophy to economics, history to business – this book explores the power of compassion to transform politics, our society, and our economy. The book shows that compassion can be used as the basis of a new political, economic, and social philosophy as well as a practical tool to address climate breakdown, inequality, homelessness, and more. Crucially, it also provides a detailed plan for its execution.

## **What White People Can do Next Emma Dabiri**

Vital and empowering What White People Can Do Next teaches each of us how to be agents of change in the fight against racism and the establishment of a more just and equitable world. In this affecting and inspiring collection of essays, Emma Dabiri draws on both academic discipline and lived experience to probe the ways many of us are complacent and complicit—and can therefore combat—white supremacy.

## **Feminism, Interrupted: Disrupting Power Lola Olufemi**

Feminism is a radical tool for fighting back against structural violence and injustice and can change the world for everybody when we refuse to think of it as solely women's work. This bold call to seize feminism back from the cultural gatekeepers and return it to its radical roots explores state violence against women, the fight for reproductive justice, transmisogyny, gendered Islamophobia and solidarity with global struggles.

## **Quiet: The Power of Introverts in a World That Can't Stop Talking Susan Cain**

At least one-third of the people we know are introverts. They are the ones who prefer listening to speaking; who innovate and create but dislike self-promotion; who favour working on their own over working in teams. It is to introverts—Rosa Parks, Chopin, Dr. Seuss, Steve Wozniak—that we owe many of the great contributions to society. In Quiet, Susan Cain shows how society misunderstands and undervalues introverts while giving them the tools to better understand themselves and take full advantage of their strengths.

## **Podcasts and talks**

### **My Identity is My Superpower, not an Obstacle America Ferrera**

A brilliant Ted Talk, for women who live at the intersection of many different identities. A rallying call to see your identity as empowering, as powerful and incredibly rich. Our identities are our superpowers.

Listen here:

[https://www.ted.com/talks/america\\_ferrera\\_my\\_identity\\_is\\_a\\_superpower\\_not\\_an\\_obstacle](https://www.ted.com/talks/america_ferrera_my_identity_is_a_superpower_not_an_obstacle)

### **My 12 Pairs of Legs Aimee Mullins**

Athlete, actor and activist Aimee Mullins talks about her prosthetic legs - she's got a dozen amazing pairs - and the superpowers they grant her: speed, beauty, an extra 6 inches of height... Quite simply, she redefines what the body can be.

Watch here:

[https://www.ted.com/talks/aimee\\_mullins\\_prosthetic\\_aesthetics](https://www.ted.com/talks/aimee_mullins_prosthetic_aesthetics)

### **Women of Impact Lisa Bilyeu**

This Youtube channel features women who have overcome incredible hardship to achieve massive success, aiming to empower all women in recognising that you really can become the hero of your own life.

Watch here: <https://www.youtube.com/c/WomenofImpact/videos>

### **Dangerous Times Call for Dangerous Women Pat Mitchell**

In this powerful call to action, Mitchell invites all women, men and allies to join her in embracing the risks necessary to create a world where safety, respect and truth burn.

Watch here: [https://www.youtube.com/watch?v=uwKS1IT\\_YZU](https://www.youtube.com/watch?v=uwKS1IT_YZU)

### **Women with Balls Katy Balls**

Katy Balls speaks to women at the top of their respective games, including many political leaders, about their passions, their battles, and what makes them tick.

Listen here: <https://www.spectator.co.uk/podcasts/women-with-balls>

### **We Will Not Let Hate Win Mallory McMorrow**

Michigan state Sen. Mallory McMorrow, a Democrat representing suburban Metro Detroit communities, defended herself against false accusations using her life story to tell a powerful speech about our responsibility to take accountability for societal inequalities and protect disadvantaged communities.

Watch here: <https://www.youtube.com/watch?v=iLWo8B1ROMY>

### **Made in the Midlands with Jess Phillips Adrian Goldberg**

Labour MP for Birmingham Yardley since 2015, Jess is best known for her campaigning to end violence against women and, as we'll hear, campaigning is in her DNA. Alongside her experience growing up, Jess talks about how her Brummie accent accounts for 'at least a third' of her success and how coming from the city means absolutely everything to her. "The most important thing I am is a Brummie, without question."

Listen here: <https://play.acast.com/s/made-in-the-midlands/jess-phillips>

## Films

### **Knock Down the House Rachel Lears and Robin Blotnick**

The film follows four female Democrats who decided to run for Congress in the 2018 United States elections: Alexandria Ocasio-Cortez of New York, Amy Vilela of Nevada, Cori Bush of Missouri, and Paula Jean Swearengin of West Virginia. The film charts their campaigns in their respective Democratic primaries. Knock Down the House is available on UK Netflix.

# GET KNOWLEDGEABLE!

## GETTING TO KNOW POLITICS

## Books

### **For Colored Girls Who Have Considered Politics**

#### **Leah Daughtry, Yolanda Caraway and Minyon Moore**

A look behind-the-scenes at America's politics, told through the stories of four Women of Colour who have worked amongst those shaping US history to ensure everyone can have a seat at the table.

### **Everything you Really Need to Know About Politics: My Life as an MP Jess Phillips**

Jess Phillips lifts the lid on the systems and rules that govern us all, providing insight to the inner workings of Westminster through her lived experience. Drawing on her tenure as an MP, she will explain the process of running for government; changing a law; serving her constituents; wrangling with her fellow MPs and so much more.

### **How to be an MP Paul Flynn**

Here is a guide for anyone and everyone fascinated by the quirks and foibles of Westminster Palace, covering all species of backbencher and providing every hardworking MP and political enthusiast with the know-how to survive life in Parliament.

### **How to Be a Minister John Hutton and Leigh Lewis**

Co-written by former Labour minister John Hutton and former Permanent Secretary Sir Leigh Lewis, *How to Be a Minister* is not only an invaluable survival guide for ambitious MPs but a tantalising view into the working lives of the people we elect to run our country.

### **How To Be A Civil Servant Martin Stanley**

Although it is seldom recognised as such by the public, the civil service is a profession like any other. *How to Be a Civil Servant* was the first guidebook to the British civil service ever published. It remains the only comprehensive guide on how civil servants should effectively carry out their duties, hone their communication skills and respond to professional, ethical and technical issues relevant to the job.

### **How to Be a Parliamentary Researcher Robert Dale**

With the help of case studies and guest writers, Robert Dale, himself a former parliamentary researcher, tells the fascinating story of how the MP's office has developed over recent decades, and combines practical advice with acute personal observations on how to get ahead as a researcher.

## **Podcasts and talks**

### **What do MPs actually do?**

#### **Parliament Matters**

Members of Parliament do not have a job description. So, what exactly is their role? How do they balance constituency and parliamentary responsibilities? How do they manage ministerial and party work? In this special explainer, *Parliament Matters'* presenters discuss the nature of an MP's work and the challenges they face in balancing often competing demands and obligations.

Listen here:

<https://podfollow.com/parliamentmatters/episode/a402025b2d546ab2e487d36c526d994fe32a5013/view>

## Films

### **Mrs America Davhi Waller, Anna Boden and Ryan Fleck**

A dramatised mini-series exploring the movement to ratify the Equal Rights Amendment, and conservative activist Phyllis Schlafly's opposition to the Amendment. Through the eyes of the women of that era – both Schlafly and prominent second-wave feminists including Gloria Steinem, Betty Friedan, Shirley Chisholm, Bella Abzug, and Jill Ruckelshaus – the series explores how one of the toughest battlegrounds in the culture wars of the 1970s permanently shifted the American political landscape.

# LEARNING WHY WE NEED CHANGE

## Books

### **Our Time is Now: Power, Purpose and the Fight**

#### **Stacey Abrams**

Celebrated national US leader Stacey Abrams offers a blueprint to end voter suppression and empower our citizens. A recognized expert on fair voting and civic engagement, Abrams chronicles a chilling account of how the right to vote and the principle of democracy have been and continue to be under attack.

### **The Transgender Issue Shon Faye**

Through wide-ranging analysis, Shon Faye presents an eye-opening account of the issues transgender people face in British society and politics and what needs to change.

### **Closing the Leadership Gap: Why Women Can and Must Help Run the World Marie C. Wilson**

The book that led our founder Lee to originally set up the Parliament Project, in this inspiring call-to action Marie C. Wilson explains why we need more women leading alongside men now, not just for the sake of fairness but for the larger social good.

### **Your Silence will not Protect You: Essays and Poems**

#### **Audre Lorde**

Audre Lorde described herself as 'Black, lesbian, mother, warrior, poet'.

Her extraordinary belief in the power of language of speaking to articulate selfhood, confront injustice and bring about change in the world remains as transformative today as it was then, and no less urgent.

### **Women and Power Mary Beard**

A bold manifesto for women's liberty, exploring the deep roots of misogyny and offering a revolutionary roadmap for change.

### **Why do so Many Men Become Incompetent Leaders**

#### **Tomas Chamorro-Premuzic**

This book focuses on the roots of leadership crisis, and how for years a surplus of incompetent males leaders have been able to rise to the top.

### **Difficult Women Helen Lewis**

Difficult Women offers a collection of powerful essays recounting the history of feminism.

### **A Good Time to be a Girl Helena Morrissey**

Deemed the manifesto for career-minded women, 'A Good Time to be a Girl' discusses the need for gender equality throughout all aspects of life.

### **Invisible Women Caroline Criado-Perez**

Through an impressive series of case studies, stories and research 'Invisible Women' provides a startling perspective on the unseen bias at work in our everyday lives and the impacts this has on women's health and well-being.

### **The Myth of Mars and Venus Deborah Cameron**

In this book Deborah Cameron discusses how language can have unforeseen but far-reaching consequences, from attitudes to the phenomenon of 'date-rape' to expectations of achievement at school, and potential discrimination in the work-place.

### **A Brief History of Misogyny Jack Holland**

This book explores the long history of misogyny and how half of the world's population came to be oppressed by the other.

### **Equal Carrie Grace**

In 'Equal', award-winning journalist Carrie Gracie covers her own experience of holding her employer, the BBC, to account and investigates why women are still being paid unequally.

### **Attack of the 50ft Women Catherine Mayer**

In this inspirational book, the co-founder of the Women's Equality Party



sets out compelling evidence for the social and economic benefits of gender equality and lays bare the mechanisms holding women back.

### **The Authority Gap Mary Ann Sieghart**

A manifesto documenting the data behind the unseen bias and gap between men and women, including interviews from pioneering women on how to tackle systemic sexism in ways that benefit us all.

### **Why We Get the Wrong Politicians Isabel Hardman**

This book is about how we get the wrong political cultures, which lead to us having an unrepresentative, often unprepared and frequently unhappy bunch of politicians who end up passing bad laws causing personal disasters on small or catastrophic scales to people who then flood their constituency surgeries in crisis.

### **Revolutionary Feminisms: Conversations on Collective Action and Radical Thought Brenna Bhandar and Rafeef Ziadah**

In a moment of rising authoritarianism, climate crisis, and ever more exploitative forms of neoliberal capitalism, there is a compelling and urgent need for radical paradigms of thought and action. The range of feminisms traversed in this volume show how freedom requires revolutionary transformation in the organisation of the economy, social relations, political structures, and our psychic and symbolic worlds.

### **Abolition. Feminism. Now. Angela Y. Davis, Gina Dent, Erica R. Meiners, Beth E. Richie**

As a politic and a practice, abolition increasingly shapes our political moment—halting the construction of new jails and propelling movements to divest from policing. Yet erased from this landscape are the central histories of feminist organising—usually queer, anti-capitalist, grassroots, and women of colour—that continue to cultivate abolition. Also erased is a recognition of the stark reality: abolition is our best response to endemic forms of state and interpersonal gender and sexual violence. Amplifying the analysis and the theories of change generated from vibrant community based organising, *Abolition. Feminism. Now.* surfaces necessary historical genealogies, key internationalist learnings, and everyday practices to grow our collective and flourishing present and futures.

### **I Hope We Choose Love: A Trans Girl's Notes from the End of the World Kai Cheng Thom**

In a heartbreaking yet hopeful collection of personal essays and prose poems, blending the confessional, political, and literary, Kai Cheng Thom

dives deep into the questions that haunt social movements today. Taking its cues from contemporary thought leaders in the transformative justice movement such as adrienne maree brown and Leah Lakshmi Piepzna-Samarasinha, this provocative book is a call for nuance in a time of political polarisation, for healing in a time of justice, and for love in an apocalypse.

## Podcasts and talks

### The Rundown: MPs are tired of Westminster's misogyny problem

**Eleanor Langford and Noa Hoffman (PoliticsHome)**

Caroline Nokes – Conservative MP and chair of the women and equalities committee, and Abena Opong-Asare – Labour MP and chair of the Labour Women's Network, join PoliticsHome reporters Eleanor Langford and Noa Hoffman to discuss the continued issue of misogyny in parliament, as Westminster once again reckons with scandal over sexism after an MP was accused of watching porn in parliament. Listen here:

<https://podcasts.apple.com/gb/podcast/mps-are-tired-of-westminsters-misogyny-problem/id1205139782?i=1000558999691>

### The Hill We Climb: Joe Biden's inauguration poem

**Amanda Gorman**

This video is of the inspiring poem inaugural poet Amanda Gorman delivered at Joe Biden's inauguration. Her poem discusses racial and gender inequalities and their impact on the meaning of being American.

Watch here: <https://www.youtube.com/watch?v=Jp9pyMqnBzk>

### Climate Change will Displace Millions, Here's how we Prepare Colette Pinchon Battle

In this passionate, lyrical talk, Colette Pinchon Battle urges us to radically restructure the economic and social systems that are driving climate migration - and caused it in the first place - and shares how we can cultivate collective resilience, better prepare before disaster strikes and advance human rights for all.

Watch here: <https://www.youtube.com/watch?v=8NSQYO2es3U>

### Fixing the System, not the Women with Laura Bates I Weigh with Jameela Jamil

Writer, activist, and founder of The Everyday Sexism Project Laura Bates joins Jameela this week to discuss what has changed since she started Everyday Sexism 10 years ago, the ways that all the authorities/systems are failing women, how rape is practically decriminalized in the UK, how

men's issues are important to feminism as well, the importance of sharing stories, and more.

Listen here:

<https://podcasts.apple.com/us/podcast/fixing-the-system-not-the-women-with-laura-bates/id1498855031?i=1000565072834>

### **The Authority Gap Global Institute for Women's Leadership**

Hear about The Authority Gap and other recent books on gender equality and liberation – including "The Penguin Book of Feminist Writing" edited by Hannah Dawson, Senior Lecturer in the History of Political Thought at King's College London, and "Women and Leadership: Lessons from some of the world's most powerful women", by Julia Gillard and Ngozi Okonjo-Iweala.

Watch here: <https://youtu.be/3fVTFfRLULE>

## **GET ADVICE!**

# **GUIDANCE FOR IMPROVING EVERYDAY LIFE AND LEADERSHIP**

## **Books**

### **Slay in Your Lane: The Black Girl Bible**

**Yomi Adegoke & Elizabeth Uviebinené**

Packed with real-life stories and interviews with dozens of iconic black women, this is an essential guide designed to inspire a generation of Black British women to succeed in everything, from work to internet dating.

### **I Will Not Be Erased: Our stories about growing up as people of colour Gal-dem**

In this life-affirming, moving and joyous collection of fourteen essays, gal-dem's talented writers use raw material from their teenage years - diaries, poems and chat histories - to give advice to their younger selves and those growing up today.

### **The Purpose of Power: How We Come Together When we Fall Apart Alicia Garza**

Long before #BlackLivesMatter became a well-known rallying cry, Alicia

Garza, co-founder of the Black Lives Matter movement, had spent the better part of two decades learning and unlearning some hard lessons about activist organising. The lessons she offers are different from the "rules for radicals" that animated earlier generations of activists, and diverge from the charismatic, patriarchal model of the American civil rights movement. She reflects instead on how making room amongst the woke for those who are still awakening can inspire and activate more people to fight for the world we all deserve.

### **Lead from the Outside: How to Build Your Future and Make Real Change Stacey Abrams**

Leadership is hard. Convincing others—and often yourself—that you possess the answers and are capable of world-affecting change requires confidence, insight, and sheer bravado. Stacey Abrams's *Lead from the Outside* is the handbook for outsiders, written with the awareness of the experiences and challenges that hinder anyone who exists beyond the structure of traditional white male power—women, people of colour, members of the LGBTQ community, and millennials ready to make a difference.

### **Brave not Perfect Resham Suarani**

This book challenges perfectionism and will inspire you to forgo your fear of failure.

### **Mindset Carol Dweck**

By Stanford University psychologist Carol Dweck, PhD, *Mindset* shows you how success in school, work, hobbies, and every other facet of life can be influenced by how we think.

### **Presence Patsy Rosenburg**

This book discusses how when we are fully present, that is when we do our best work and make our deepest impression on others, and how by practising skills that allow you to be present you are able to benefit in every aspect of your life.

### **Strong OR Compassionate - the Binary Choice for Leadership? Patricia Seabright**

This short online essay discusses the historic lack of compassion in leadership, and why future leaders should look to being both strong and empathetic in their leadership style.

Read here:

<https://archimedesspeaks.com/women/strong-or-compassionate-leadership-why-not-both/>

## Five Rules for Rebellion Sophie Walker

'Five Rules for Rebellion' explains how we can convert our confusion and impatience into a powerful force for change.

## Fair Play: Share the mental load, rebalance your relationship and transform your life Eve Rodsky

Eve Rodsky was tired of always being the one responsible for the mundane domestic tasks in her household - all while working full time. So Eve conducted original research with more than 500 couples to figure out what the invisible work in a family actually is and how to get it done effectively and fairly, in a way that makes relationships stronger. Fair Play identifies the 100 main tasks in any relationship, and divides them fairly so that both parties contribute.

## Race to the Bottom Azfar Shafi

The authors call for recovering radical histories of antiracist struggle, championing modern activism and infusing them with the urgency of our times: replacing anxieties over 'unconscious bias' and rival claims for 'representation' with the struggle for a new multi-racial organising from below. This is not an accident, but by design. Capitalism is structured by racism and has relentlessly attacked powerful movements. Race to the Bottom traces our current crisis back decades, to the fragmentation of Britain's Black Power movements and their absorption into NGOs and the Labour Party.

## Podcasts and talks

### Get Comfortable With Being Uncomfortable Luvvie Ajayi

This is an incredible Ted Talk about how changemakers often find themselves as outliers. Ajayi is encouraging us to get comfortable being uncomfortable, for it is in those moments that true change, lasting change happens.

Listen here:

[https://www.ted.com/talks/luvvie\\_ajayi\\_jones\\_get\\_comfortable\\_with\\_being\\_uncomfortable](https://www.ted.com/talks/luvvie_ajayi_jones_get_comfortable_with_being_uncomfortable)

### Commencement Address Sheryl Sandburg

In Sandburg's speech originally delivered during the 2018 graduation ceremony at MIT, she encourages the audience to lead with compassion and empathy, be clear-eyed optimists and other inspiring life lessons on becoming the best leaders for tomorrow that we can.

Watch here: <https://www.youtube.com/watch?v=iqm-XEqpayc>

## The Power of Kindness and How it Affects the Bottom Line Lauren Currie

In her keynote speech, Lauren Currie presents how kindness is an overlooked true strength in leadership, business and life. Lauren is the founder of UPFRONT, their website and online newsletter is full of inspiring resources: <https://www.weareupfront.com/>

Watch here: <https://www.youtube.com/watch?v=Oy8BbYQ8zGM>

## Teach Girls to be Brave not Perfect Resham Suarani

We're raising our girls to be perfect, and we're raising our boys to be brave, says Reshma Saujani, the founder of Girls Who Code. Saujani has taken up the charge to socialise young girls to take risks and learn to program — two skills they need to move society forward. To truly innovate, we cannot leave behind half of our population, she says. "I need each of you to tell every young woman you know to be comfortable with imperfection."

Watch here: <https://www.youtube.com/watch?v=fC9da6eqaqq&t=2s>

## Why we Have too few Women Leaders Sheryl Sandberg

Sheryl Sandberg looks at why a smaller percentage of women than men reach the top of their professions - and offers 3 powerful pieces of advice to women aiming for leadership.

Watch here: <https://www.youtube.com/watch?v=18uDutyIDa4>

## How to Fail Elizabeth Day

This podcast is a joyful celebration of life's failures. Each week a high-profile guest shares what failure has taught them about success.

Listen here:

<https://podcasts.apple.com/gb/podcast/how-to-fail-with-elizabeth-day/id1407451189>

## How to Turn Your Dissatisfaction into Action

### Yvonne Aki-Sawyer

In her TED Talk, the Mayor of Freetown, Sierra Leone shares how she refused to be paralysed by frustration but used her anger to bring about dramatic changes in her native city.

Watch here: <https://youtu.be/nQo1NgQ-Yf0>

## The Shift (on Life After 40): Nicola Sturgeon on Power and the Fifty-something Woman Sam Baker

In this frank, funny, painfully honest podcast series, Sam talks to a variety of women about the good, the bad and the ugly side of being a supposedly grown up woman in a world that would quite like to ignore us.

In this episode, Nicola Sturgeon shares how she overcome others' preconceptions entering into politics at an early age and what it's like experiencing the menopause whilst in political leadership.

Listen here:

<https://podcasts.apple.com/gb/podcast/nicola-sturgeon-on-power-and-the-fiftysomething-woman/id1527442768?i=100054889228>

### **How to Ask for Help - and Get a 'Yes' Heidi Grant**

Asking for help is tough. But to get through life, you have to do it all the time. So how do you get comfortable asking? In this actionable talk, social psychologist Heidi Grant shares four simple rules for asking for help and getting it -- while making the process more rewarding for your helper, too.

Watch here:

[https://www.ted.com/talks/heidi\\_grant\\_how\\_to\\_ask\\_for\\_help\\_and\\_get\\_a\\_yes](https://www.ted.com/talks/heidi_grant_how_to_ask_for_help_and_get_a_yes)

## **GUIDANCE FOR SPEAKING UP AND BUILDING CONFIDENCE**

### **Books**

#### **Truth to Power: How to Call Time on Bullsh\*t, Speak Up & Make A Difference Jess Phillips**

Entertaining, empowering, and uncompromising, this resource offers inspiration and practical help to people who want to speak out at a time when many of us feel the world isn't listening.

#### **Lean in Sheryl Sanberg**

This book focuses on how women can help themselves become more confident, and how we can make small changes in our daily lives to help enact change on a universal scale.

#### **Gravitas Caroline Goyder**

In her revolutionary book, leading voice coach Caroline Goyder reveals how to speak in a way that will get others to listen.

#### **The Right to Speak Patsy Rosenberg**

In this book Pasty Rosenberg, a leading voice and acting coach, teaches you how to fully express your voice in any situation.

### **Rise: Life Lessons in Speaking Out, Standing Tall & Leading the Way Gina Miller**

In Rise, Gina Miller draws on a lifetime of fighting injustice and looks at the moments that made her; the trauma, failures and successes that gave her the confidence in her voice, the ability to know how to use it and the strength not to let others diminish it, even when it came at incredible cost. To those who say one person cannot make a difference, this memoir demonstrates irrefutably how you can.

### **She Said: A Guide for Millennial Women to Speaking and Being Heard Patricia Seabright**

A guide to Millennial women to speaking and being heard. Patricia speaks about the challenges and solutions for women speaking and being heard. You can also listen to a recorded talk about it here:

<https://soundcloud.com/womensradiostation/get-booked-patricia-seabright-she-said-220321>

Patricia has generously offered a highly subsidised rate to purchase the book for £7.99 (RRP £15.99) which you can access by going to:

[www.archimedesspeaks.com/she-said/](http://www.archimedesspeaks.com/she-said/) and entering discount code ELECTHER, exclusively for women in Elect Her's community.

## **Podcasts**

### **How to Own the Room Viv Groskop**

Viv Groskop talks to inspirational women, including many in politics and activism, about the secrets of brilliant speaking. They share the tips and tricks that will get you the attention you deserve.

Listen here:

<https://podcasts.apple.com/gb/podcast/how-to-own-the-room/id1439875031>