

Recognizing and Overcoming Barriers

Consider the barriers many of us face when it comes to seeing ourselves as influential women who can use our voices and actions for positive change. Do any of these barriers stand out to you personally? If there's something not listed that you're experiencing, feel free to note that too. **Review the common barriers below, then answer the questions below.**

By providing your email, a copy of your responses will be sent to you for future reference. Please note that responses are not monitored. If you prefer not to receive responses via email, you can take a screenshot of your responses to review them later.

* Indicates required question

1. Email *

Common Barriers

Internalizing Negative Messages	Imposter Syndrome
Perfectionism	Aspirational Shame
Cultural Expectations	Lack of Role Models
Double Standards	Gendered Career Paths
Stereotypes & Unconscious Bias	Balancing Multiple Roles

2. Write down one barrier you've faced or are currently facing. *

3. **How have you addressed this barrier in the past or how might you begin to tackle it now?** *

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