

Guidance for Women in Transport Members: Sharing Your Story

We love learning more about our members!

As part of our 20th Anniversary year, we're keen to use our platforms to amplify your stories and experiences.

Sharing your experiences in transport helps inspire others and highlights the amazing work being done by women across the industry.

To make it simple, we welcome short self-recorded videos or voice notes.

Follow this guide to ensure your submission is clear, engaging, and easy to use.

1. What to Talk About

Your story is unique, and we encourage you to share your experiences in transport. You might want to talk about:

- ✓ Your journey into transport – How did you get into the industry?
- ✓ Your current role – What do you do, and what do you enjoy about it?
- ✓ Challenges & successes – Have you overcome obstacles or achieved something you're proud of?
- ✓ Advice for other women – What tips would you give to someone starting out?
- ✓ Why you love being part of Women in Transport – How has the community helped you?

2. Recording Your Video or Voice Note

- 📱 **Use your phone** – A smartphone works perfectly for recording.
- 🕒 **Keep it short** – Aim for 30–90 seconds to keep it engaging.
- 🎤 **Speak clearly** – Find a quiet space to reduce background noise.
- ☀️ **Good lighting (for videos)** – Natural light is best, but avoid bright light behind you.
- 🚫 **Hold steady** – Use a stand or rest your phone on a surface if needed.

3. Sending Your Recording

Once you're happy with your video or voice note:

- 1️⃣ **Save it in a common format** – MP4 (video) or MP3 (audio) works best.

20th Anniversary



Share your story: Voice or video guidance

- 2 **Email** – Email it to info@womenintransport.com – Use the subject line “Member Voice or Video Submission – [Your Name].
- 3 **Optional:** Add a short description – Tell us your name, role, and a brief intro to your story.
- 4 **We'll review and share** – Selected clips may be featured on our website, social media, at events or in newsletters!

4. Tips for a Great Submission

- ✓ **Be yourself** – Speak naturally and from the heart.
- ✓ **Keep it positive** – Your story should inspire and uplift.
- ✓ **Practice first** – If it helps, jot down a few key points.
- ✓ **Relax!** – This isn't a professional recording, just a chance to share your voice.

5. Need Help?

If you have any questions or technical issues, please contact us Sonya Byers at ceo@womenintransport.com we're happy to assist!

Thank you for sharing your story – we can't wait to hear it!

Women in Transport Team 