

S1 1, Ep 1: Welcome to EwG!

- Introducing Elevate with Grace, curated steps to achieving success on your own terms. Our mission is to have a real impact on how women achieve success.
- As defined by you on your terms, not by how others define it for you. We deliver thoughtful, curated experiences and actionable steps that inspire women to take smart risks and create career and financial success on their own terms.

This podcast is for you if you are keen to:

- Unlock your Why
- Discard everything that is holding you back from achieving success
- Achieve more with smart risk taking
- Cultivate your career &
- Build your financial acumen
- **Action challenge** Daily 10 min reflection - what you've loved about today, what you've loathed about today

S1, Ep 2: What's Holding Us Back

- Self doubt and negative talk - be aware of it, actively stop it and switch to an activity that helps you feel empowered. Advise ourselves as we would a friend.
- The princess effect - social norms to be a 'nice' girl, can put externally set/social limits on ourselves and cause us to 'cap' our own potential to what we're told is success for women in today's world
- Fear of failure - The perils of perfectionism
- Taking on more of the load - social pressures and economic challenges for women
- **Action challenge** pick which of these 4 are the biggest thing holding you back and book in your calendar for the next 4+ weeks key reminders on how you are going to discard these to make lasting change

S1, Ep 3: Why we've got to talk about our why

"Why We've Got to Talk About Our Why"

1. **Understanding Your "Why" Is Crucial**

Your "why" gives direction, energy, and meaning to your actions and career.

2. **Purpose Drives Motivation**

When you have purpose, you're more likely to overcome challenges and stay focused on what matters.

3. **Your "Why" Can Be Found in the Everyday**

You don't need a dramatic revelation; your purpose often shows up in simple patterns and repeated feelings.

4. **Three Hacks to Help You Discover It**

Grace shares three tools:

- *Follow the energy*
- *Notice what you're drawn to*

- *Pay attention to what lights you up*
- 5. **Start with a Sh*tty First Draft (SFD)**
Inspired by Brené Brown: just start writing—messy, raw, unfiltered—and clarity will come later.
- 6. **Daily SFD Journaling as a Tool**
Spend 10 minutes every morning writing down your thoughts, no structure needed. Over time, patterns will emerge.
- 7. **Re-read to Find Gold**
Look back at your SFD entries to spot the ideas or themes that give you energy and joy.
- 8. **Don't Aim for Perfection Early On**
The goal isn't to get your "why" perfect right away—it's to get curious and start the journey.
- 9. **Use What Lights You Up as a Compass**
Your "why" often lies in what energizes and excites you—not what drains or bores you.
- 10. **Action Challenge**
Try daily SFD journaling for a week. Each morning, write whatever comes to mind, then reflect later on the moments that spark joy or energy.

S1, Ep 4: Hacks for how to create your purpose

- Starting small. Ideas. SFDs.
- The Power of One hack. One little word. Pick one word, one idea, one challenge, that you will focus your energy on.
- Get clear on what your superpowers are (VIA Character Strengths (free) or Gallup Strength Finder (a book). And what your 3-5 key values are.
- **Action challenge** Take your SFD from last week (or start one today - no judgement) and start to rumble with the words. Interrogate and test the key concepts you have in your vision statement. Remove repetition, ensure your why / vision is big enough that you can live by them in all facets of your life. If you need to dig into one of the models discussed to help refine your statement please do. Ideally you want to get your vision/why to one sentence, maybe two max, or perhaps you can pull it into a word you can present consistently.

S1, Ep 5: The One Thing book review

- What's the one thing I can do such that by doing it everything else will be easier or unnecessary
- A success list versus a to-do list
- Life is about creating yourself so the trick to success is to choose the right habits with enough discipline to master it.

S1, Ep 6: Why smart risk taking is critical to your success

- Great opportunities often come from risk-taking that we wouldn't have otherwise seen come our way if we hadn't done them.

- We learn a lot from risks and those lessons may lead us onto an important new path.
- Embracing risk taking helps you overcome a fear of failure, which is a very big one in my mind. We've talked about fear of failure in past episodes.
- Risk isn't a dirty word, it doesn't mean the same thing as reckless or stupid. There's opportunities to get out of your comfort zone and take smart risks that can really help you in getting on a journey to leading a life of success on your terms.
- **Action challenge:** A short 10 question risk profile.

S1, Ep 7: Smart risks & boosting your decision making confidence

- what great decision making looks like, the decision making biases that could be sabotaging you and building your decision making muscle.
- **Action challenge:** Identify a decision you need to make in any aspect of your life that you want to feel a greater level of confidence around what that decision should be. Bring that with you to next week's ep and bounce it off the decision making tools and techniques we'll be covering to see if one or more of them resonate with you to help you with that decision

S1, Ep 8: Decision making tools to support smart risk taking

- In this Pod you will receive quick hacks, larger decision analysis systems and some watch outs for decisions making in teams.
- **Action challenge:** Take the 6 Step/Decision tree model and use it to solve a decision you have been mulling over. Try writing down as much as possible, sleeping on your initial thoughts, then going out and researching the alternatives and probabilities. If this model doesn't work for you try one of the other larger decision systems discussed, the OOC/EMR Tony Robbins model, or the decision pre-mortem.

S1, Ep 9: Winging It book review

- Taking a chance on yourself, trusting your gut and winging it. The sub-heading on her book - Stop thinking, Start Doing. Why Action beats Planning every time
- Gut versus decision tool situations
- When you know you know, and when you don't you decide
- If its not a hell yes, its a no (linking back to episode 5 - The one thing Emma talks to the need to say no far more than you say yes)
- Team Decision Making
- Avoiding sunk cost bias & Zoom think
- Networking - to help build lasting relationships
- An encouragement to take action
- "Seize the Day, Today"
- Kindness and Fun always
- **Action challenge:** take a leap and make that big decision you've been holding yourself back on.

S1, Ep 10: Cultivating your Career Success

- We explore what it means to cultivate your career. In terms of success on our own terms model, it's about having a long-term view of where you want to be, set some goals and work towards our future selves.
- What do you want to be known for? What are your superpowers? When are you at your best? What is your self care regime to replenish your energy?

- **Action challenge:** Do some mindful and active reflection on the year that's been and how that can help you think about career for 2022 and beyond. Use those reflections with some of the work we did in earlier podcasts, forming your why and what your long-term goals are. We'll give you a few thought starter hacks for setting yourself some career goals and doing a bit of career planning, because unbelievably we are in the very back end of 2021.

S1, Ep 11: Our Financial Pillar, interview with Claire

- Awareness of the power that comes with a solid financial mindset, paired with some probing questions to help you identify when your financial literacy might need further curiosity.
- Do you know and appreciate where your money is sitting, how much ROI your money is giving you, including super.
- Do you have enough squirreled away that you don't need to tolerate an untenable situation - be that a manager or working environment and that you have not given your power.
- Explore our behaviour around money, conscious & subconscious
- Acknowledge that as women we are far less comfortable discussing finances and therefore we are not supporting each other in this crucial life space
- **Action challenge:** start to get more curious about your money mindset and your money management.

S1, Ep 12:

- Reflections from the season & checked in on how we were living up to our mission
- Importance of celebrating small wins & encouragement for you to celebrate your wins
- Offered thoughts on most important and most enjoyable pods
- Our one wish for all women & BIG goal for 2022
- Why a Business or Financial Coach are key
- Curated tips for switching off over the festive season (see below)
- Summer reading recommendations (a nice fictional change from our usual MO)

Season 1 Highlights: Elevate with Grace

Curated steps to help women unlock purpose, take smart risks & build success your way.

Redefining success. On *your* terms. 🌟

What's holding you back?

- 🙄 Self-doubt
 - 👱 The 'Nice Girl' Effect
 - 😬 Fear of Failure
 - 📦 Carrying Too Much
 - 🛑 Time to *let that go*.
-

What lights you up?

To get clear on what motivates you from within ✨

- Free-write a "shitty first draft" (10 mins a day)
 - Spot the patterns
 - Take action with purpose
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Slide 5 – Purpose, Simplified

- 🎯 One word
 - ⚡ One focus
 - 💪 Your strengths + values
- Let your WHY guide everything.
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Slide 6 – Your ONE Thing

Ask yourself:

- 👉 What's the ONE thing I can do
- 👉 That makes everything else easier or unnecessary?

💡 Hint: It's probably not on your to-do list.

Slide 7 – Smart Risk > Safe Stuck

- 💥 Risk isn't reckless
 - 🌱 It's growth
 - 💡 It's saying YES to yourself
- You *can* take a leap & land.
-

Slide 8 – Better Decisions, More Confidence

- 🧠 Know your biases
- 🔧 Use the right decision tools
- 🎯 Make bold choices with clarity

Your future self will thank you.

Slide 9 – Career & Cash Confidence

- ☀️ Cultivate your career
 - 💰 Build financial power
 - 🧠 Know your money mindset
- Own your path, your voice, your value.

Slide 10 – Celebrate + Reflect 🎉

- 👑 You've done so much.
- 📖 Learn.
- 🚀 Take action.
- 💖 Our wish? That you keep saying YES to success on your own terms.



SEASON 1 HIGHLIGHTS

Elevate with Grace

Redefining success.
On your terms.

THE LAUNCH

Welcome to Elevate with Grace!

Curated steps to help women unlock purpose, take smart risks & build success your way.

START WITH WHY

- 😬 Self-doubt
- 👤 The 'Nice Girl' Effect
- 😬 Fear of Failure
- 📦 Carrying Too Much

Time to let that go.

YOUR ONE THING

- ➡️ What's the ONE thing I can do
- 💡 That makes everything else easier or unnecessary?

Hint: it's probably not on your to-do list.

START WITH WHY

Find what lights you up

- Free-write a "shitty first draft"
- Spot the patterns
- Take action from purpose.

Let your WHY guide every.

SMART RISK-SAFE STUCK

- ☀️ Risk isn't reckless
- 🌱 It's growth

Let's saying YES to yourself.
You can take a leap & land.

BETTER DECISIONS, MORE CONFIDENCE

- 🧠 Know your biases
- 🔧 Use the right decision tools
- 🎯 Make bold choices with clarity.

Your future self will thank you.

CELEBRATE + REFLECT

- 👑 You've done so much.
- 📖 Learn.
- 🚀 Take action.
- 💖 Our wish? That you keep saying YES to success on your own terms.