



# Women in Swim

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## Femmes dans la vague

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## Collective Wisdom from **Women to Women**

This one-pager captures the collective advice shared during our Women in Swim roundtable discussion at the Tides of Talk event. These insights came directly from women in the room drawn from lived experience, honest conversation, and peer-to-peer leadership. Not theory. Not perfection. Just real wisdom, offered forward.

### Find Your People

- Be intentional about who has access to your ideas and energy.
- Celebrate other women's wins openly and without comparison.
- Be someone else's ladder : collaboration creates momentum.

### Use Your Voice

- Your perspective belongs in the room.
- Asking questions is a leadership skill.
- Curiosity and clarity build confidence.

### Boundaries Are Leadership

- "No" is a full sentence.
- Boundaries create clarity, not conflict.
- Protect your time, energy, and peace.

### Confidence

- Accept compliments without shrinking yourself.
- Emotional intelligence is a superpower.
- Trust instincts shaped by experience.

### Connection Changes Everything

- Real conversations build trust and courage.
- Safe spaces allow women to lead fully.
- You are not alone in this industry.

### Create Your Own Path

- Do not wait to be chosen.
- Take the risk | growth follows action.
- Success does not have one definition.

### Pay It Forward

- Say women's names in rooms they are not in.
- Recommend, nominate, and elevate others.
- When one woman rises, we all do.

## Mantras to Anchor You

**Quiet reminders to return to ... especially when things feel loud.**

I am allowed to pause before responding.

Clarity is more powerful than urgency.

I can be both kind and direct.

Growth does not require self-sacrifice.

I trust myself to navigate what comes next.

I don't owe anyone my over-explanation.