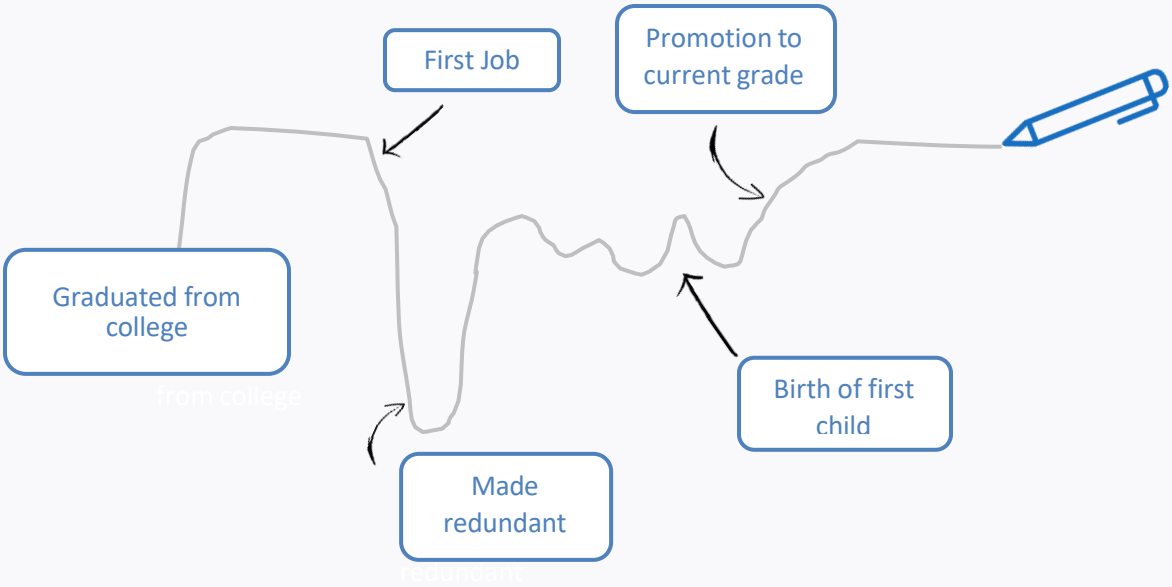
Exercise: My Lifeline

Review the high/ low lights of your life, career and leadership pathway to date.

Step back in time as far back as you want and highlight the key events that have had a significant impact on your life, career and leadership journey. These points in time would typically include your education (schools, universities, courses undertaken, exams passed), work (jobs, promotions, disappointments etc.), family and relationships (e.g. parents and siblings, growing up, leaving home, births/deaths of significant people in your life) and personal achievements.

Put these into the sequence in which they happened and then using a large sheet of paper, plot these key events onto a line. Draw this line to represent your life to date. **Pay particular attention to where the high and low points occur.** The line might be straight, might look like a roller coaster or could be something else entirely – you choose. See the example below.



Reflecting on your lived experience in the personal, workplace and leadership context consider the following:

1. What impact did your Race, Ethnicity and Gender have at different points in your life?
2. What has your lived experience **at Northern Trust** been like through the lens of your gender?

Now vividly capture your journey on a large sheet of paper. Be as creative and colourful as you can. The key is to bring your lifeline to life in a powerful way.

Come prepared to share 'your story'.

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