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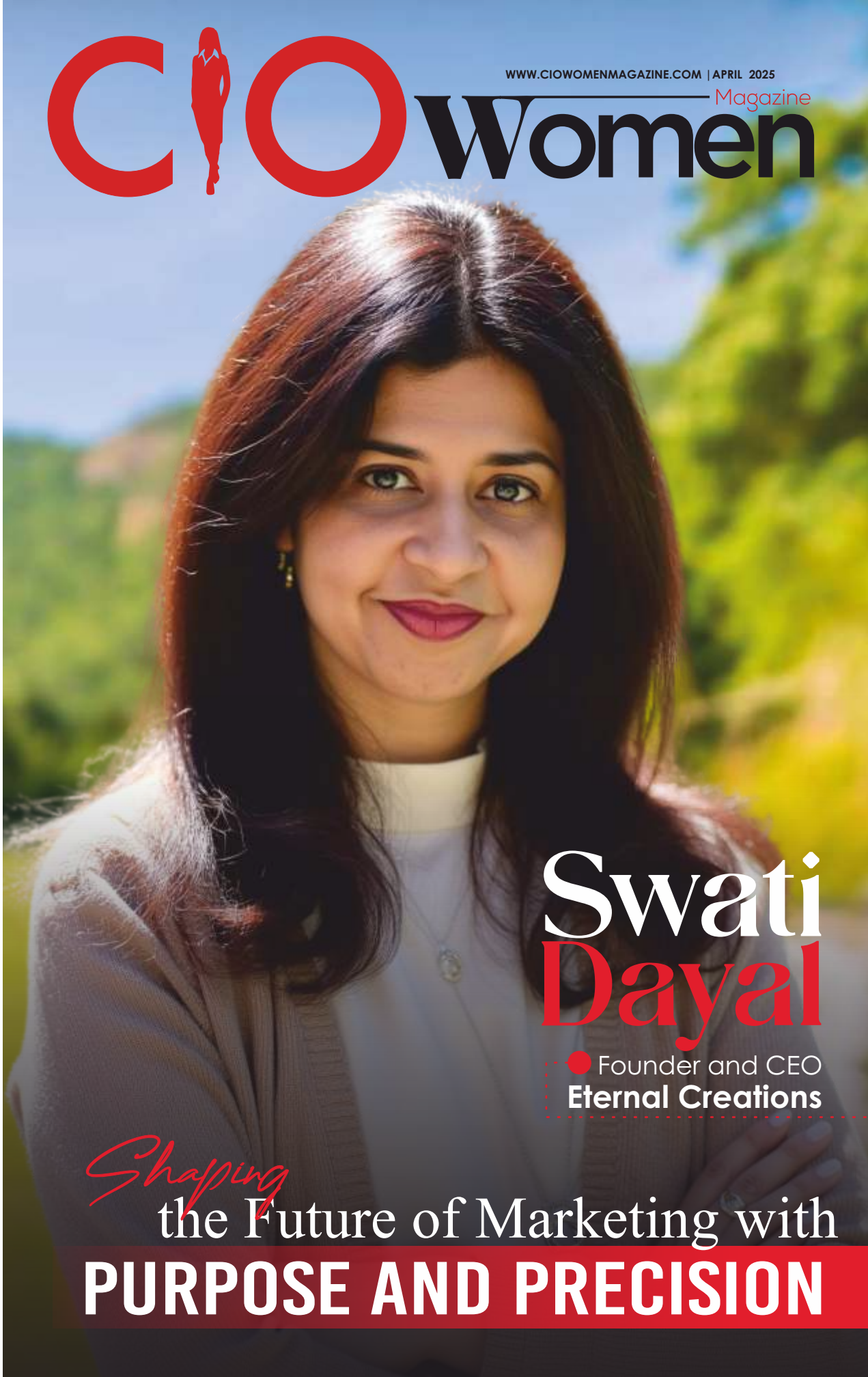
CIO Women Magazine

From Burnout to Balance Best Management Podcasts for Women to Lead with Confidence Pg. 38

Discover the Wonders of the Louvre Museum-History, Art, and Tips for Travelers Pg. 28

Andra Day- The Star Who Rose to Stardom Pg. 10

The Iconic Women Leaders MAKING A DIFFERENCE in 2025 ★★★★★



Swati Dayal

Founder and CEO
Eternal Creations

Shaping the Future of Marketing with PURPOSE AND PRECISION



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FROM EDITOR'S DESK

"The purpose of education is to turn mirrors into windows."

- Sydney J. Harris.

Laying Down Roots for Enduring Growth!

True and lasting growth in the business world isn't a fleeting surge, but a carefully cultivated ecosystem. It demands more than just chasing immediate gains; it requires a foundation built on innovation, inclusivity, and genuine collaboration. **Swati Dayal**, the **Founder** and **CEO** of **Eternal Creations**, embodies this philosophy, charting a course for sustainable success rooted in these very principles.

With two decades of experience navigating the dynamic landscapes of marketing and technology, Dayal launched Eternal Creations in 2024, transforming it into a thriving consulting and professional services firm. Her journey, marked by early exposure to diverse cultures and the empowering influence of strong women, has instilled in her a leadership style characterized by resilience, empathy, and adaptability. This "people-first" approach has fostered an inclusive culture within Eternal Creations, recognizing that diverse perspectives fuel creativity and drive impactful results.

Dayal's forward-thinking vision is evident in the development of innovative frameworks like the "Input-Messaging-Output (IMO)" model and the "Eclectic" digital platform. These tools are designed to harness diverse ideas and translate them into potent marketing strategies, demonstrating a commitment to continuous learning and progress. Eternal Creations isn't just providing services; it's forging strategic partnerships, focused on delivering long-term value and fostering sustainable growth for its clients. By prioritizing innovation, inclusive leadership, and trust-based collaboration, Swati Dayal is not just building a successful company; she is laying down a path for real, lasting growth – for her clients, her team, and the wider community. Her story underscores the vital connection between grounded values and enduring success in today's rapidly evolving business environment.



Utkarsh D.

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DOES IT HAVE TO BE THE EIFFEL TOWER TO MATTER?



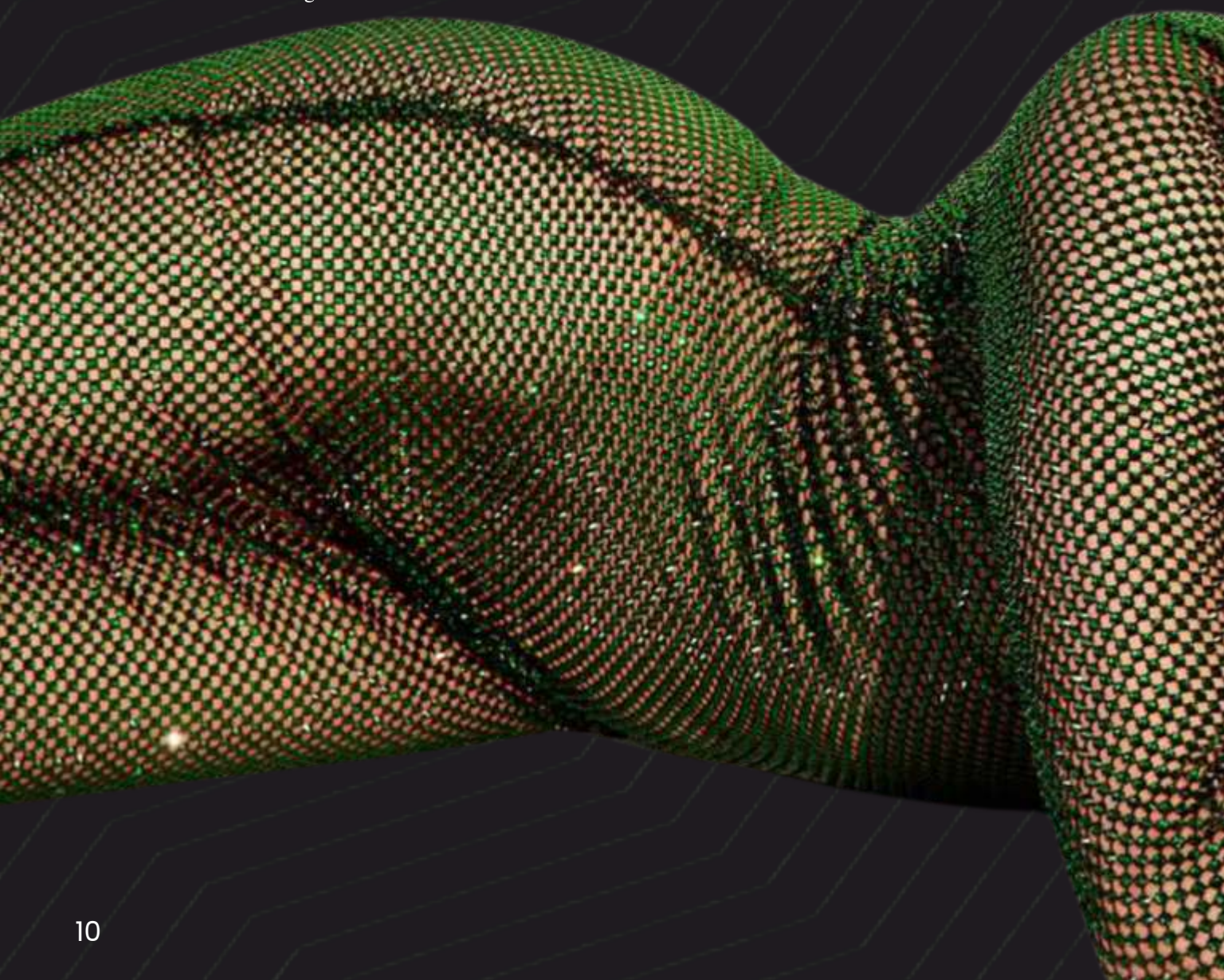
If we do not control the fires in the Bolivian Amazon by October 2025, nearly 55 million hectares of fore
the equivalent of entire France. **Let's put out these numbers.**


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Andra

The Star Who Rose to Stardom

Music is the one thing that relaxes me, no matter what the situation is. It has a significant impact on our human culture. I believe that many emotions and feelings can be communicated through music, which is sometimes not even possible to do through words. Music has shaped into different kinds of genres over the years. We have some popular genres like rock, classical, pop, hip-hop, jazz, and R&B. People have different kinds of tastes and preferences in music. Some enjoy rock while some enjoy EDM, but we all felt the pain when the song ‘Rise Up’ was released. This instant chartbuster by Andra Day moved millions across the globe.



Day



Early Life

Andra Day is well-known for her R&B and soul songs. She was born in Edmonds, Washington, as Cassandra Monique Batie to a Christian parents on December 30th, 1984. Soon, Andra and her family moved to San Diego, California. They were a church-going family, and she started singing in choirs every Sunday. Her father was a big fan of jazz, and he got her introduced to the music of Billie Holiday, whose work inspired Andra immensely.

She finished her graduation in 2003 from the San Diego School of Creative and Performing Arts in Paradise Hills. Post graduation, she wanted to explore and pursue her passion for music in the field of R&B and pop but was eventually drawn back to her roots, jazz.



Music: The Rise to Fame

Andra Day is a big fan of jazz, soul, and blues, but little did she know that her work would be recognized by one of the legends in the music industry. A small video clip changed Andra's life.

The pioneer of jazz music and other genres, Stevie Wonder, called Andra Day to work with her. Thanks to Stevie Wonders' wife, Kai Millard Morris, who was the reason he got to know about Andra. Kai Millard saw a short video clip of Day performing in front of a strip mall in Malibu, California. Though the conversation with Stevie was very brief, it gave all the inspiration to Andra, leading her to success.

Because of Andra's manager, it took more than a year to reconnect with Stevie. Stevie introduced Andra to his long-time producer, Adrian Guruvitz, leading her to sign with his label Buskin Records. Even after signing the records, she used to upload music covers and mashups of famous songs from artists like Eminem and Muse, which garnered attention from Warner Bros. They signed a record deal with Andra, leading to the release of her debut R&B album, Cheers To The Fall in 2015. The album met with critical acclaim, especially the song, Rise Up, which moved millions of people across the globe.



Rise Up

Rise Up was from the critically acclaimed album 'Cheers To The Fall'. The song was well received by the audience, becoming an instant hit. The song gives out a message based on themes of hope, perseverance, and strength, making people relate to and understand the deeper meaning.

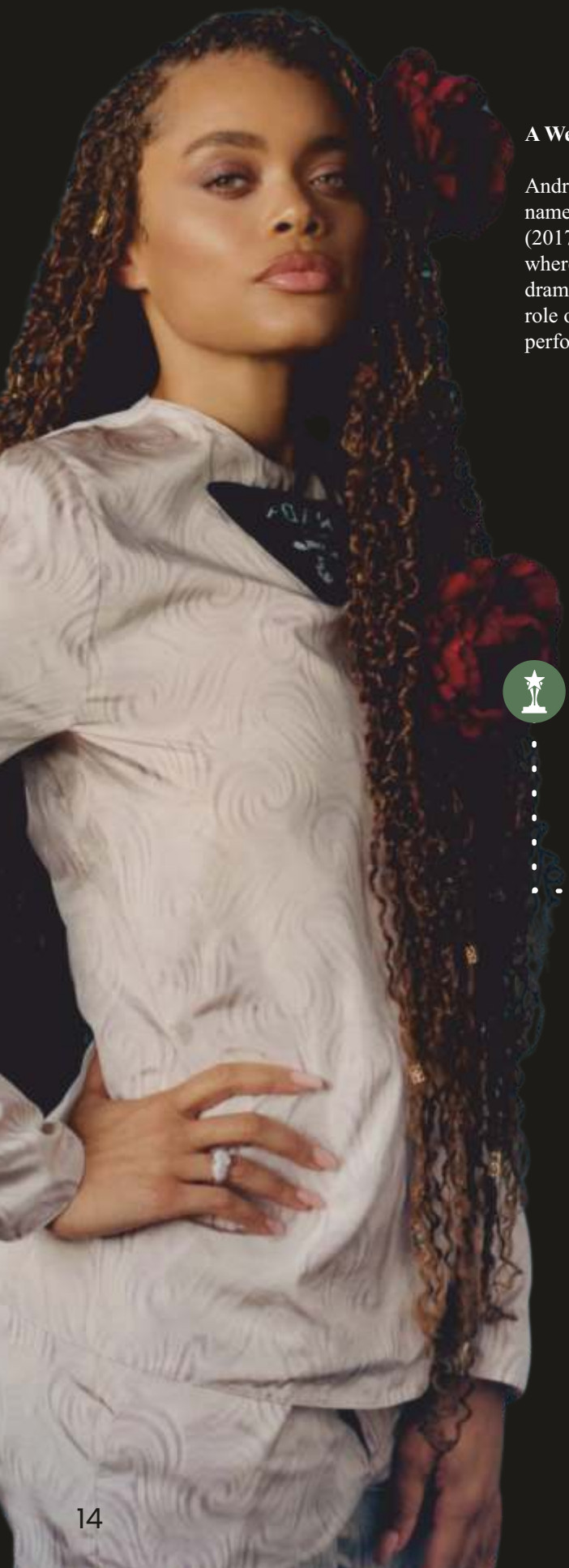
What Inspired Her to Write 'Rise UP'?

In an interview, Andra Day said that she took inspiration from the things she had faced. Her music career stagnated at a certain point in life and during those crucial times, her friend was diagnosed with cancer. Andra felt like she had to listen to something which made her get back on her feet. This led to the writing of the spiritually uplifting song.

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A Well-Appreciated Acting Career

Andra Day didn't just limit herself to singing, she made a significant name with her acting skills. She appeared as a singer in the film Marshall (2017), starring late Chadwick Boseman. It was followed by Cars 3, where she voiced the role of Sweet Tea. Her next was the biographical drama The United States vs Billie Holliday (2021), where she played the role of an iconic jazz singer Billie Holiday. She also composed and performed the soundtrack for the film.

Awards

Her album 'Cheers To The Fall' was nominated for best R&B album at the 58th Annual Grammy Awards. The song 'Rise Up' itself was nominated for Best R&B Performance.

Andra won a Golden Globe Award for Best Actress-Drama and a BET Award for Best Actress.

She received her first Academy Award nomination for the role of Billie Holliday at the 93rd Academy Awards

Won the Grammy Award for Best Soundtrack, for the film The United States vs Billie Holliday.

Activism

Andra Day showcased her views on the oppression faced by Black People through the social and political campaign Black Lives Matter. She supports the charities Unlikely Heroes and Global Fund for Women, supporting gender equality and rights for women. Andra is on the artistic member's board for The Samburu Project and American for the Arts and uses her profession to address social issues and motivate people to fight.

Latest and Future Projects

- Andra recently released an album, Cassandra (Cherith) on 10th May 2024
- Her upcoming Indie film, Exhibiting Forgiveness is set to release this October
- The Deliverance, an American supernatural horror film with Andra in the lead, is set to be released on Netflix this August.



C O N C L U S I O N

Andra Day has proved that no matter what our goal is, we should give our all to achieve. She became a voice for people who started from nothing and proved that it is never too late for anything. Andra's music is well celebrated by the audience, her voice can move millions. She can turn a simple lyric song into a soul-searching process for people in this depressed world. The song 'Rise Up' gives us a new perspective on life by making us find the light during times of hopelessness and darkness.

Her talent wasn't just confined to music, she made a significant impact with her acting abilities. The critically acclaimed film, The United States vs Billie Holiday earned her a Golden Globe and an Academy nomination. Her fight for social issues like gender equality, and women's rights, and her active involvement in the charities made a strong impact on the society.




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Swati Dayal

Shaping the Future of Marketing with Purpose and Precision

So many great businesses struggle to grow—not because they lack talent or passion, but because their message isn't connecting. Even with amazing products or services, they often get lost in the noise. Unclear messaging, weak brand positioning, and scattered strategies make it hard to stand out in today's fast-paced digital landscape. It's frustrating and draining—and it happens more often than it should. That's where iconic women leaders step in and shift the game. They bring clarity to confusion, focus to chaos, and confidence where there is doubt. By truly understanding the brand and the customer, they craft messaging that connects, build strategies that work, and lay down a path for real, lasting growth.



One such leader is **Swati Dayal, Founder and CEO of** Eternal Creations. With nearly ***two decades of experience*** in marketing and technology across startups and Fortune 500 companies, Swati brings a sharp, insightful approach to entrepreneurship. Since launching Eternal Creations in 2024, she has grown it into a vibrant consulting and professional services firm that offers market research, go-to-market planning, and digital and content marketing for tech-driven businesses. Her leadership, grounded in resilience, empathy, adaptability, and collaboration, has shaped a ***people-first culture rooted in inclusivity***. Always forward-thinking, Swati has introduced key innovations and ideations like the proprietary "***Input-Messaging-Output (IMO)" framework*** and the ***digital platform "Eclectic,"*** designed to turn diverse ideas into powerful marketing strategies. Eternal Creations is steadily earning recognition for its creative approach, diverse thinking, and strong client impact. With a focus on strategic partnerships, sustainability, and long-term value, Swati continues to guide the company toward meaningful, lasting success—for its clients and the community it serves.

Grounded in Grit and Grace

Swati was born and raised in India, and her early years were marked by frequent travel and living in different places. These experiences helped her develop an open and adaptable mindset, allowing her to connect with new environments, cultures, and people. Resilience and agility became a natural part of her upbringing.

A key turning point in her journey came when she joined an all-women engineering college—a place she describes as a home away from home. The strong sense of community, shared goals, and mutual support created a meaningful experience that reinforced her belief that hard work and talent are not defined by gender. With focus and determination, anyone can pursue and achieve their ambitions.

She also credits much of her growth and leadership style to the powerful influence of the women she grew up with—her mother, grandmother, and two sisters—alongside a deeply supportive father. Together, they shaped her values and the leader she is today.

Rooted in these early influences, her leadership style can best be described as resilient, adaptable, transparent, agile, and empathetic. These qualities have helped her drive positive business outcomes even in uncertain and challenging situations. They've also enabled her to build collaborative, innovative, and supportive teams within organizations.

From Corporate Roles to Entrepreneurship

Entrepreneurship, marketing, and technology have always fascinated Swati. With nearly 20 years of experience working with companies of all sizes—from startups to Fortune 500 firms—she felt the time was right to follow her dream of becoming an entrepreneur. There wasn't a single defining moment that pushed her to take the leap; instead, it was a mix of experiences that came together. From upgrading her skill set to being inspired by other founders and leaders around her, everything seemed to fall into place and naturally lead her toward starting her venture.

Tech-Focused, Impact-Oriented

Eternal Creations is dedicated to making a lasting impact. Founded in 2024, the company provides a comprehensive range of consulting and professional services—spanning market research, strategic planning, go-to-market execution, and digital and content marketing. With a fresh perspective and deep industry knowledge, Eternal Creations helps technology-focused businesses achieve meaningful results.

Specializing in supporting tech-driven companies and those delivering technology-enabled solutions, the firm partners closely with clients to shape exceptional products and customer experiences. Eternal Creations is more than a service provider—it's a long-term growth partner, walking with clients through every phase of transformation.

At the heart of the company's approach are three guiding principles that shape its culture and strategy:



These values power Eternal Creations' ability to deliver thoughtful, transformative solutions—while making the journey inspiring and impactful for everyone involved.

Focusing on Scalable Systems

Entrepreneurship marked a new chapter for Swati, one that pushed her to quickly understand a wide range of business functions while also staying involved in daily operations. It was a constant balancing act between long-term strategy and hands-on problem-solving. To navigate this transition, she invested in strengthening her skill set and collaborated with external experts to overcome early roadblocks and reach critical milestones. Today, her focus is on building a solid foundation for growth by aligning the right people, processes, and tools that will help Eternal Creations scale sustainably and efficiently.



Purpose-Built Marketing Solutions

Eternal Creations focuses on innovation and digital transformation, offering a range of uniquely designed services that help companies of all sizes deliver powerful marketing experiences. The company recently introduced a first-of-its-kind "Input-Messaging-Output (IMO) framework"—a clear, structured approach to creating impactful and lasting messaging that can transform a company's go-to-market strategy.

This innovative framework:

- Aligns messaging with brand identity and customer needs
- Simplifies complex technological challenges and solutions
- Drives consistency and clarity across all marketing efforts

In addition, ideation of their digital platform, "Eclectic," reflects their ongoing commitment to innovation, built with an eye on evolving market needs and changing economic trends.

Eclectic is designed to:

01 Serve as a creative hub for strategic marketing ideas

02 Distill diverse inputs into cohesive messaging

03 Adapt to fast-changing business environments for customized customer experiences

Bridging the Gap with "Eclectic"

A major breakthrough for Eternal Creations came recently with the ideation of ***"Eclectic"—a proprietary digital platform*** developed by the company. True to its name, Eclectic is designed to draw from a wide range of sources, styles, and ideas rather than following a single, rigid approach. This aligns perfectly with Eternal Creations' culture of innovation and its commitment to embracing diverse perspectives to solve business and marketing challenges in unique ways.

Marketing is one of those areas where everyone has an opinion. This can be a strength and a challenge. On the one hand, it brings a wealth of ideas informed by different experiences, data, and viewpoints. On the other hand, only the ideas and messages that truly resonate with the market can move forward. Eclectic aims to bridge this gap. The platform helps filter and refine diverse inputs to create meaningful, customized marketing strategies that deliver real impact.

Strategies That Deliver Real Results

Eternal Creations, though a young company, is making a meaningful impact on the industry and the community. On the community front, the company champions inclusive leadership by embracing diverse perspectives and fostering a culture where equity, collaboration, and shared growth are central. This commitment goes beyond policy—it's a mindset that encourages innovation and unity, helping create a world where people can thrive together.

Within the industry, Eternal Creations is driving progress through innovative and customized marketing solutions. By focusing on personalized strategies that deliver measurable results, the company is setting new standards in how marketing can be effective and socially conscious. Its work is enhancing business outcomes and leaving a positive imprint on the communities and industries it touches.




SWATI

A Vision for the Future of Marketing

Eternal Creations has set clear long-term goals focused on becoming a visionary in the marketing space. The company aims to build on established marketing principles while embracing new, forward-thinking approaches to elevate the marketing function. This vision will be realized through strategic partnerships, meaningful affiliations, and the adoption of best practices that encourage innovation and drive profitable disruption. The company is also committed to enhancing its corporate social responsibility efforts, with a strong emphasis on sustainability.

In the short term, Eternal Creations is focused on increasing brand awareness and driving revenue through targeted, results-oriented strategies. These efforts are designed to meet financial goals while also strengthening the overall value and visibility of the brand.

These ambitions take on even greater significance when viewed through the lens of gender representation in leadership. Although more women are stepping into leadership roles and starting their businesses, gender gaps remain across many sectors and industries. To truly close this gap, organizations and communities must continue to make focused efforts. These efforts should consider key factors like advancements in technology, changes in demographics, evolving consumer preferences, and broader economic trends.

Breaking Barriers in Business

With nearly 20 years of business experience, Swati understood early on that being a woman entrepreneur came with unique challenges—such as gender bias, limited access to capital, balancing family and business, and dealing with societal expectations. These hurdles often stand in the way of growth and success. To navigate them, she focused on building a strong personal and company brand from the very beginning. She also prioritized strategic networking through meaningful affiliations. Over time, it became clear to her that having a solid support system—personally and professionally—is essential. She believes that relationships built on mutual support and reciprocity are key to long-term success.

Power of Clear Goals

Swati believes that balancing the responsibilities of running a company with personal life is never a one-size-fits-all formula—it's an ongoing process of adjustment. What makes it manageable for her is having a clear sense of purpose and long-term goals in personal and professional spheres. This clarity helps guide decisions and priorities, especially when challenges arise. She emphasizes the importance of adapting quickly and focusing on what truly matters in the moment. A strong support system also plays a crucial role in helping her navigate both worlds effectively.

Stay Dedicated, Stay the Course

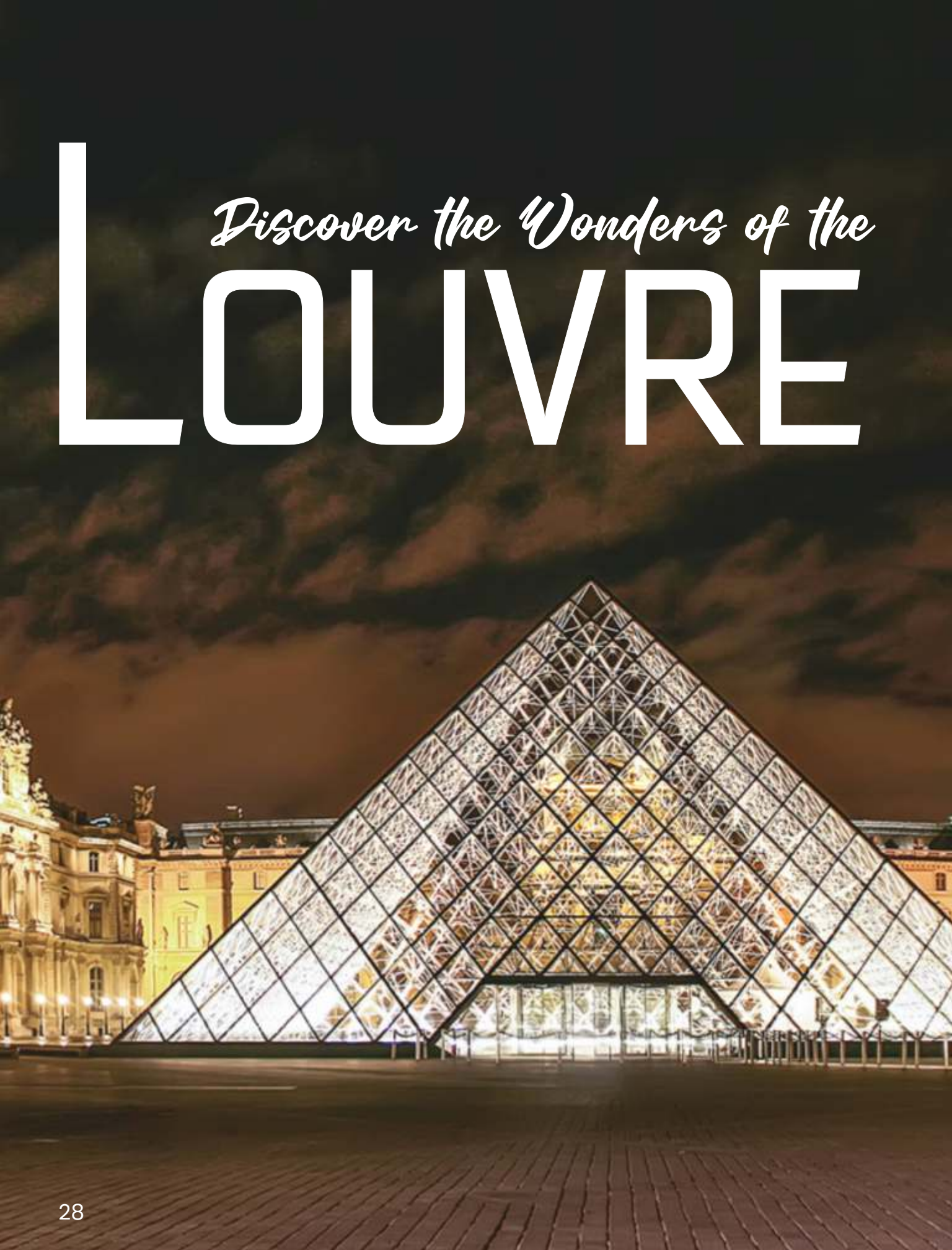
Swati encourages young women to dream big, as it's the first step toward creating something truly meaningful. She acknowledges that the entrepreneurial journey is never easy, but believes that passion can serve as a powerful driving force during challenging times. Her advice is to build a business that aligns with one's core values and interests, which not only makes the work more enjoyable but also more impactful. Swati emphasizes the importance of seeking guidance from experienced mentors and leaders, as their insights can help navigate complexities. She also highlights the value of building a strong personal and professional network and reminds aspiring leaders that asking for help is a strength, not a weakness. Above all, Swati believes that consistently adding value, putting in dedicated effort, and staying open to learning are the keys to long-term growth and success.






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Discover the Wonders of the
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MUSEUM

History, Art, and Tips for Travelers

*Did you know the Louvre Museum is the **world's largest museum,** covering over **7,82,000 square feet?** You can imagine its vastness: If you spent 30 seconds viewing each part of the museum, it would take you around **200 days** to see everything. Home to over 35,000 works of art, including the iconic **Mona Lisa** and **Venus de Milo,** the Louvre is not just a museum, it is a journey through centuries of human creativity, history, and culture, all under one remarkable roof.*

In this article, you will uncover many secrets of the Louvre, including its rich and fascinating history, architecture, some interesting facts, how it became a tourist attraction, and a brief guide for travelers.

Where Is the Louvre Museum Located?

The Louvre is located in Paris, France, on the right side of the River Seine. It's in the central part of the city, close to famous places like the Tuileries Gardens. The museum's main entrance is marked by a large glass pyramid.







Rich and Fascinating History

The Louvre Museum has a rich and fascinating history that dates back to the 12th century. Originally built as a royal palace by King Philip II, it was later transformed into a museum during the French Revolution in 1793. The decision to open it to the public was part of a broader effort to share France's royal treasures with the people.

Over the years, the Louvre has expanded, with several additions, including the iconic glass pyramid entrance designed by architect I. M. Pei in 1989. It houses more than thousands of art work, spanning thousands of years and cultures, from ancient civilizations to modern times.

The museum features extensive collections of Egyptian, Greek, and Roman antiquities, as well as French and European paintings. The Louvre continues to captivate visitors with its remarkable history and vast array of art, making it one of the most visited museums in the world. It is not just a museum but a symbol of France's cultural heritage and the world's artistic achievements.



Rich and Fascinating History

Planning ahead can make your trip to the Louvre more enjoyable and less overwhelming. Here are some tips to help you navigate the museum with ease and make the most of your visit.

Plan your visit

Buy your tickets in advance to avoid waiting in the queue at the ticket counter. You can select the date and time to book tickets online. Priority entrance at the Pyramid or through the Carrou du Louvre shopping mall. There is also special entrance available for e-ticket holder -Rue de Rivoli.

Get the museum map

Looking at the vastness of the museum it would be better to keep the museum map running in your phone to guide you viewing the special art pieces. You can choose the map in the 13 languages and the information of the maps from the desks under the pyramid or download it from the museum's website. Maps will help you find the artwork locations and get a 3D guide through the museum. Free audio commentary is also available for a small fee. In case if you forget to download the map free WiFi facility is available in the museum.

Avoid the crowds

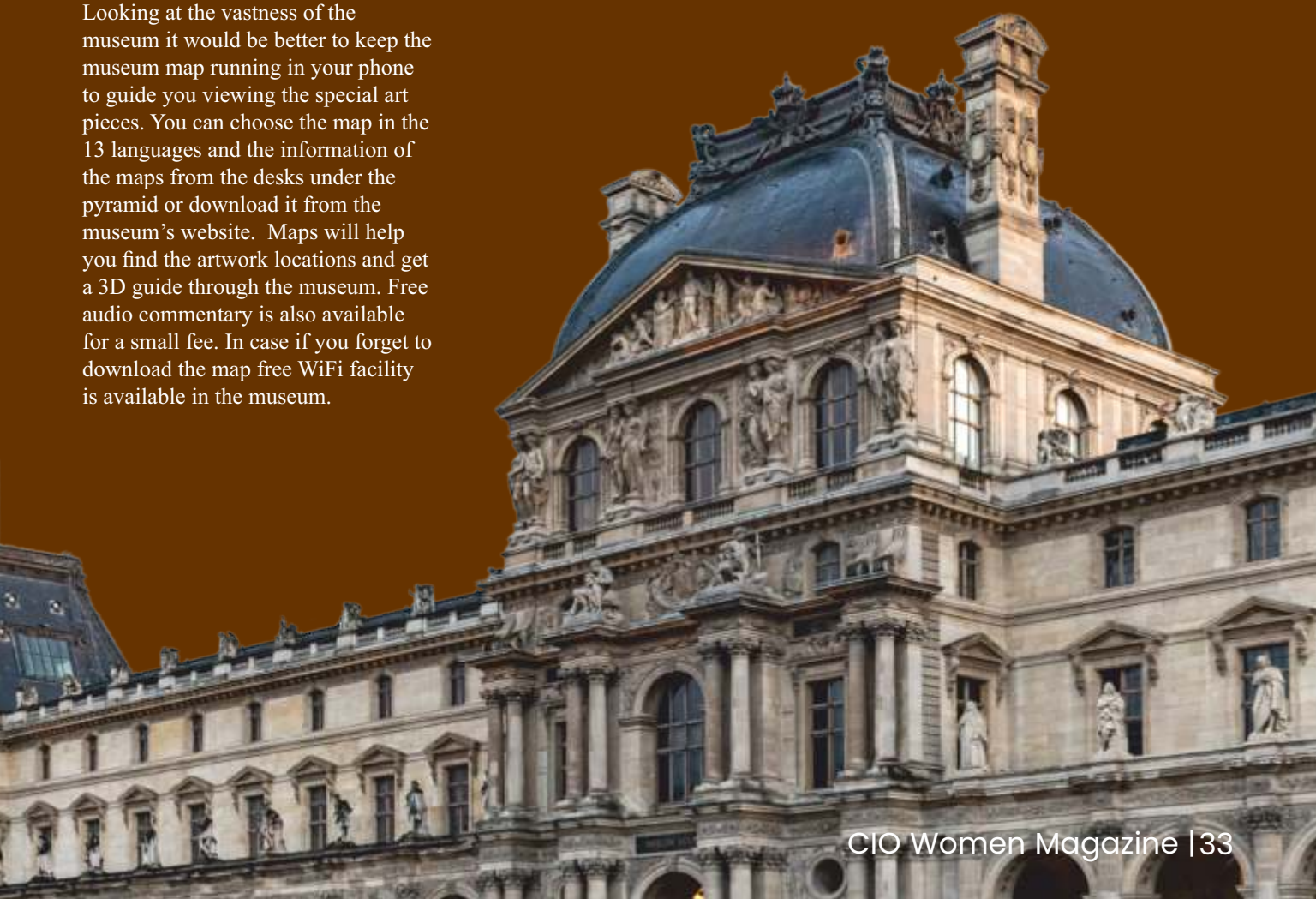
Most people line up the Pyramid entrance, so try using the Carrousel du Louvre entrance for the quick entrance. The museum is also quieter in the evening and the rooms vibe can be enjoyed peacefully. For the special experience you can visit during late night on the Fridays when the museum stays open until 9:45 p.m.

Take advantages of the free services

The Louvre offers free services like wheelchairs, strollers, and baby carriers. You can borrow them easily showing your ID proof at the reception under the pyramid. The museum has 23 information available, making it easier to navigate, and the reception area has been redesigned for better accessibility.

Take a Break

It's near to impossible for anyone to enjoy the 35000 art work pieces in a single visit. You will need to take break and refuel. There are 15 cafes and restaurants inside the Louvre, the Jardin des Tuileries, or the Carrousel du Louvre, offering the dine-in and take-out options. You can relax here and enjoy the tasty dishes.



Foods to Try

When visiting the Louvre Museum, make sure to indulge in some of France's iconic culinary delights. From flaky pastries to savory tarts, here are five must-try dishes that perfectly capture the essence of French cuisine.

1



Croissant

A classic French pastry made with simple ingredients like flour, butter, sugar, salt, yeast, and milk. Its distinctive flaky texture comes from layers of butter folded into the dough, making it crispy on the outside and soft on the inside.

2



Quiche Lorraine

This savory tart is made with a buttery pastry crust filled with eggs, heavy cream, bacon (or lardons), and Gruyère cheese. Some versions also include onions or herbs for added flavor. It’s a hearty and satisfying dish often enjoyed at lunch.

3



Macarons

These delicate cookies are made from egg whites, powdered sugar, almond flour, and granulated sugar. The filling can vary, but popular flavors include chocolate ganache, raspberry jam, or vanilla buttercream. Their chewy texture and vibrant colors make them a favorite treat.

4



Crêpes

Crêpes are thin pancakes made from a simple batter of flour, eggs, milk, sugar, and butter. They can be filled with a variety of sweet ingredients like Nutella, strawberries, or whipped cream, or savory fillings like ham, cheese, and mushrooms.

5



Tarte Tatin

This upside-down caramelized apple tart is made with a buttery pastry crust, apples (usually a variety like Golden Delicious or Granny Smith), sugar, butter, and a hint of vanilla. The apples are caramelized in butter and sugar before the pastry is added, creating a rich, sweet flavor that contrasts nicely with the tart apples.

5 Interesting Facts About Louvre Museum You Didn't Know

The Louvre is full of fascinating stories and hidden gems beyond its famous artworks. From its rich history to surprising details about its collections, here are some interesting facts you may not know!



1

Before becoming a museum, the **Louvre was a royal palace** built in the late 12th century by King Philippe Auguste. It wasn't until the French Revolution that it opened as a museum in 1793.

2

The museum's collection spans more than **9,000 years** of history and includes artworks from ancient civilizations to modern pieces, making it one of the most diverse collections in the world.

3

Designed by architect I. M. Pei, the glass pyramid entrance was met with strong opposition when it was unveiled in 1989, with many critics arguing it didn't fit with the classical architecture of the Louvre.

4

In 1911, the Mona Lisa was stolen by an Italian handyman, who kept it hidden for two years. The painting was returned to the Louvre in 1913 after being recovered in Italy.

5

In 1989, the museum closed part of its facilities for extensive renovations, including the installation of the glass pyramid and reorganization of galleries, reopening with a refreshed look **in 1999.**

Conclusion

The Louvre Museum is not just a place to see art; it's a journey through history and culture. With its amazing collection and famous works of art, the museum attracts millions of visitors each year. Whether you're enjoying the artwork, tasting French food, or learning about its history, a trip to the Louvre is an experience you'll never forget. Planning ahead will help you make the most of your visit and enjoy everything the museum has to offer.

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For far too long the stories and myths of women management and leadership have been continued; hence, the basis on which they are ill-fitted for the boardroom or corner office has become out of date. That said, a statement made once reads: “It will not be long before the gap closes and women catch up with the businessmen.” Other utterances are as follows: “Women are not cut for entrepreneur stuff”; “Women lack the self-confidence to lead.” These kinds of utterances undermine them. These myths fail to recognize women’s incredible stride as a visionary, leader, and industry innovator. Breaking this myth is no longer solely about representation; it also empowers the woman at the top who needs what it takes in terms of tools, insight, or networks to succeed. Some of these ways to fuel this empowerment are based on knowledge and inspiration that can be ignited through this medium called a podcast. If you’re an aspiring entrepreneur, a seasoned manager, or looking for inspiration, here are some of the best management podcasts specifically for women to lead with confidence and impact: If you’re on the hunt for the best management podcasts for women, you’re in the right place.

From Burnout to Balance

BEST MANAG PODCASTS

for Women to Lead with Confidence


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Why Women Need Specialized Management Podcasts

Before diving into the best management podcasts for women, we must understand why these matter. Although general management podcasts are very insightful, there is something that women deal with, such as gender bias, imposter syndrome, and mental load in juggling personal and professional life responsibilities. More than any general leadership advice, these podcasts speak directly to the female experience, providing strategies for negotiating work dynamics, building leadership competencies, and maintaining healthy minds. For women looking to empower themselves and find their way, podcasts have truly been a game-changer.

Top 7 Best Management Podcasts for Women

Here's a curated list of the most insightful, inspiring, and practical podcasts for women in management roles.



1. "The Broad Experience"

Host: Ashley Milne-Tyte
Focus: Women, Work, and Leadership
Why Listen: This podcast digs deep into cultural and societal issues concerning women's roles in the workplace, from dealing with gender bias to negotiating promotions. Ashley has a storytelling style that allows listeners to feel seen and heard. Each episode is packed with real-life experiences and expert advice on helping women gain clarity in their careers.



2. "Women at Work" by Harvard Business Review

Hosts: Amy Bernstein, Sarah Green Carmichael, and Nicole Torres
Focus: Insights from Leading Women in the Workforce
Why Listen: Produced by the world-renowned Harvard Business Review, this podcast goes deep into the most critical challenges women face in the workplace. With expert interviews, data-driven discussions, and practical takeaways, it's a must-listen for women looking to hone their leadership skills and break barriers.



3. "The Confidence Chronicles"

Host: Erika Cramer
Focus: Building Self-Confidence in Leadership
Why Listen: Confidence is an essential component of good leadership, and Erika Cramer's podcast is committed to helping women gain it. Her unapologetic approach allows the listener to put aside self-doubt, and authenticity, and lead with confidence. Powerful mindset shifts can be taken to apply to both personal and professional growth.



4. "The Goal Digger Podcast"

Host: Jenna Kutcher
Focus: Goal Setting, Productivity, and Leadership
Why Listen: Although this podcast started with entrepreneurs, its leadership strategies are highly relevant to women in management. Jenna's down-to-earth advice on productivity, goal-setting, and prioritization makes this a great listen for women looking to lead with intention and clarity.



5. “How I Built This” by Guy Raz

Host: Guy Raz
Focus: Entrepreneurial Journeys and Leadership Lessons
Why Listen: Although this show is not exclusively for women, it’s a great learning experience about leadership, tenacity, and problem-solving. Women in management can be inspired by stories of leaders who built thriving businesses. It’s a success story about perseverance, strategy, and the strength to lead through uncertainty.



6. “The Leader’s Edge”

Host: Tamara Torres
Focus: Leadership and Career Advancement
Why Listen: Geared towards the female leader, "The Leader’s Edge" discusses hot topics such as career development, emotional intelligence, and true leadership. Tamara shares her perspective in a way that makes it easy to want to change your definition of success and lead from a space of authenticity and purpose.



7. “The Mindset Mentor”

Host: Rob Dial
Focus: Mental Toughness and Leadership
Why Listen: Mental toughness is the hallmark of good management. This podcast helps women build resilience and develop a growth-oriented mindset. Although the host is gender-neutral, most of his lessons on overcoming fear, handling pressure, and boosting confidence resonate deeply with women in management roles.





Key Takeaways from Management Podcasts for Women

These best management podcasts for women are more than just background noises while you are commuting to or from work. They may significantly impact your career path by boosting your confidence and offering a healthy work-life balance. Here's why you must add them to your leadership toolkit:

Learn On the Go

- Access leadership training anytime, anywhere.
- Listen while driving, exercising, or managing daily tasks.

Real Stories, Real Lessons

- Discover inspiring journeys of successful women.
- Gain validation and encouragement through relatable experiences.

Actionable Takeaways

- Learn practical tips for success.
- Master skills like negotiation and mental health strategies.

Empowerment and Confidence

- Feel motivated by stories of overcoming obstacles.
- Build resilience to face challenges head-on.

How to Get the Most Out of Podcasts

To truly take advantage of the best management podcasts for women, approach them with purpose. Here is how to get the most from each episode:

> **1. Take Notes:** Jot down key insights and actionable tips. Many podcasts have show notes, but active note-taking can increase retention.

> **2**. **Apply What You Learn:** Don't just listen — act. Challenge yourself to implement at least one piece of advice after each episode.

> **3. Create a listening habit:** Whether it's during your daily commute or your morning walk, find a time of the day when you will listen regularly and make it a habit.

> **4. Join online communities:** Many podcasts have social media groups that listeners can use to discuss episodes and share ideas. This can help you expand your network and gain additional perspectives.

FINAL THOUGHTS

Leadership is a journey, not a destination. As women continue to rise in the ranks of management, the right guidance and support become essential. Podcasts offer a modern, flexible way to access that guidance. By tuning into the best management podcasts for women, you're not just listening to content — you're investing in your growth, confidence, and future success.

Whether you're navigating workplace challenges, seeking to enhance your leadership skills, or striving for a better work-life balance, these podcasts are the perfect companions on your journey to empowerment. So, plug in your headphones, hit play, and get ready to lead with confidence.


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