



Carshalton High School for Girls

CHSG

Community | Harmony | Success | Growth

Inspiring people

Who inspires you?



Inspiration: what is it?

- **Inspiration is a feeling of enthusiasm you get from someone or something, which gives you new and creative ideas.**
- **By using the above definition, we will all be inspired by different people, for different reasons. Are they an inspirational personality, or do they do inspirational things?**
- **Possibly people inspire you and don't realise they are? I personally believe that we all have the potential to inspire someone, whether in our private lives or at school/work.**



Inspiration

- Another definition of what it means to inspire and give inspiration is this:
- ‘ Ordinary people doing extra-ordinary things’.
- Have you or someone you know ever done anything extra-ordinary?
- Over the next 9 slides you are going to meet some inspirational women from scientists, to leaders, from musicians to activists.
- Which of these women do you find most inspiring and why?

Inspirational leaders: Jacinda Ardern



Jacinda Ardern has been Prime Minister in New Zealand since 2017 and represents the Labour Party; she is the youngest PM to serve in New Zealand.

Ardern was the first Prime Minister to be pregnant whilst in office and inspired thousands of working women and mothers worldwide as she demonstrated that with the right family support (from her husband and mother) it was possible to have a child and a successful career. Ardern has most recently been praised for her leadership and decision making during the Covid19 pandemic.

Ardern has had many stand out moments in her time as PM- here are just 3:

- Following deadly gun attacks on 2 mosques which left 50 dead, she banned the sale and ownership of military style rifles within 48 hours.
- She made a special address to the children of NZ after the Covid19 lockdown came into force, to reassure them that the tooth fairy and the Easter bunny counted as 'key workers' so would still be allowed to work, albeit with some delays.
- She was the first Head of State in the world to take maternity leave!

inspirational leaders: Nanny of the Maroons



Born in Ghana, Queen Nanny was a Maroon leader, enslaved and taken to Jamaica during the 18th century. She was known to practice Obeah, West African folk magic and religion, and she had a great knowledge of herbs and healing methods.

Shortly after arriving, she escaped with her brothers and found refuge in the mountains. Queen Nanny established Nanny Town and staged numerous rebellions to free thousands of enslaved people from British colonies. Her people, called the Maroons, followed her lead and cleared the land to grow food. With their advanced knowledge of the land, they had a military advantage over the British.

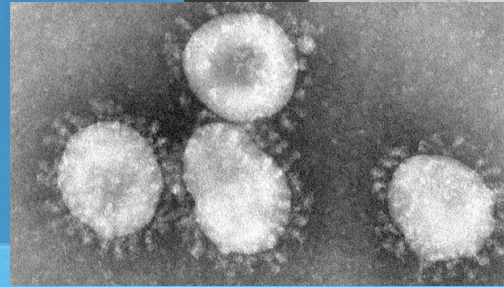
The British colonizers were determined to hunt out the Maroons, and Queen Nanny was killed during one of the bloodiest battles of resistance. In 1739, a truce was called and her brother Cudjoe agreed to a treaty with the British. Nanny Town was destroyed and the Maroons relocated to the western side of the island. However, Queen Nanny is still celebrated today as a National Hero, the only woman of seven such National Heroes. Her face based on descriptions appears on the \$500 Jamaican banknote.

Inspirational politicians: Julia Gillard



- Julia Gillard was born in 1961 in Wales but moved with her family to Australia in 1966 at the age of 5.
- Gillard earned degrees in law and arts from the University of Melbourne in 1986, and she joined a private law practice the following year. She was made a partner, specializing in industrial law, in 1990.
- Gillard joined the Australian Labour Party (ALP) in the late 70s and quickly moved up the ranks.
- In 2010 Gillard became leader of the ALP and also prime minister of Australia; she was the first woman to hold either office.
- In 2013 Gillard lost a leadership contest within the ALP and therefore stepped down as party leader and prime minister.
- Gillard's experience as prime minister is detailed in her memoir *My Story* (2014). In 2017 she became chair of Beyond Blue, a [nonprofit organization](#) involved in [mental health](#) issues, notably depression.

Inspirational scientists: June Almeida



- June Almeida was the woman who discovered the first coronavirus. Coronaviruses are a group of viruses that have a halo or crown-like (corona) appearance when viewed under a microscope
- A daughter of a bus driver, living in a deprived tenement in north-east Glasgow, June left school at 16 with very little formal education.
- Despite lacking qualifications June managed to get a job as a laboratory technician in histopathology at Glasgow Royal Infirmary. Later she moved to London to further her career and in 1954 married Enriques Almeida, a Venezuelan artist.
- The couple and their young daughter moved to Toronto in Canada and, according to medical writer George Winter, it was at the Ontario Cancer Institute that Dr Almeida developed her outstanding skills with an electron microscope. June pioneered a method which better visualised viruses.
- June's talents were recognised in the UK and she was lured back in 1964 to work at St Thomas's Hospital Medical School in London, the same hospital that treated Prime Minister Boris Johnson when he was suffering from the Covid-19 virus.

Inspirational mathematicians: Dorothy Vaughan



- Dorothy Vaughan's name was brought to the forefront by the 2016 film 'Hidden Figures' (I highly recommend you give it a watch as it is brilliant.)
- For decades Dorothy, and her other female, african-american colleagues and friends at NASA had been overlooked and their significant contributions to groundbreaking projects had been forgotten.
- Dorothy, originally a Maths teacher, worked as a 'human computer' at a time when NASA was still very much a racially segregated organisation. Dorothy was promoted in 1949 and became NASA's first black supervisor, and one of only very few female supervisors.
- Read her full biography on NASA's website here:
<https://www.nasa.gov/content/dorothy-vaughan-biography>

Inspirational thespians: Emma Rice



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- Emma Rice is an English actress, director and theatre professional. She was the artistic director of Shakespeare's Globe in London 2016-2018 where she pushed boundaries and ruffled a few feathers with more traditional Globe audience members. Emma's shows during her time at the Globe brought new, younger audiences to Shakespeare productions.
- Emma Rice now runs her own theatre company in Bristol called Wise Children and has been described as: 'one of the most visionary, bold and dynamic artists working in the industry today'.
- Emma Rice worked incredibly hard to be recognised as a talented actress and director in an industry where men predominantly fill powerful positions such as directors or producers.
- Read more about Emma Rice and her career in theatre here:
<https://www.theguardian.com/stage/2018/jul/01/emma-rice-controversial-shakespeares-globe-wise-children>

Inspirational musicians: Lizzo



- Over the past 12 months, Lizzo has become the inspiring, high-energy figurehead of the growing self-care movement – with its philosophy of actively nurturing and protecting your own mental and physical wellbeing – and a performer synonymous with unbridled joy and unapologetic self-confidence.
- Born **Melissa Jefferson**, Lizzo lived in Detroit until she was nine, when she and her family moved to Houston. While growing up, she listened to gospel at home, took flute lessons, and played in her school's marching band. She began rapping when she was 14, forming the group Cornrow Clique with her friends.
- When high school was over, she studied classical flute performance at the University of Houston, but the loss of her father when she was 20 devastated her. Looking for a fresh start, Lizzo moved to Minneapolis in 2011 and soon became a part of the city's thriving music scene.
- Lizzo's success didn't come overnight and the success she enjoys now has come as a result of years and years of hard work, resilience and dedication. Lizzo embodies what it means to pursue a dream- never giving up, even when the recognition she deserved wasn't initially forthcoming.
- Read more about Lizzo and what has made her so successful here:
<https://www.bbc.com/culture/article/20191218-why-lizzo-was-the-star-who-defined-2019?referer=https%3A%2F%2Fwww.google.com%2F>



Inspirational activists:

Tarana Burke- ‘You have to use your privilege to serve other people’



- An American activist from the Bronx, New York.
- She started the ‘Me too’ movement (#metoo) as part of her work with survivors of sexual violence who were mainly young women of colour.
- She is also the senior director of Girls for Gender Equity (<https://www.ggenyc.org>) an intergenerational organization committed to the physical, psychological, social, and economic development of girls and women. Through education, organizing and physical fitness, GGE encourages communities to remove barriers and create opportunities for girls and women to live self-determined lives.
- Read an interview with Tarana here: <https://www.theguardian.com/world/2018/jan/15/me-too-founder-tarana-burke-women-sexual-assault>

Inspirational athletes: Steph Houghton



- **Houghton is currently Captain of the England Women's Football team: The Lionesses.**
- Houghton led the team to the semi-finals in last year's World cup and has demonstrated great resilience and leadership in keeping the team focused and motivated.
- Women's football is a very under-recognised area of sport, with TV channels preferring to show what they consider to be 'bigger' matches such as the Premier league games played by male teams.
- Female footballers earn a fraction of what male footballers do- probably around 1-2% of the highest paid footballers worldwide. These women train just as hard as their male counterparts and play just as well, however still the wage gap is nowhere near narrowing. Such an uneven playing field off the pitch makes Steph's, and her teammates', dedication even more admirable and inspirational.



Assembly

- Listen to Mr James' assembly on 'Taking the Knee' about a person who he finds inspirational:
- <https://youtu.be/wQjplscUbBk>

Inspiration

Find someone from your local area who is inspirational- it might be someone you already know, or it could be someone you find through researching online.

Think about the people you live with. What do they do that you find inspirational? Tell them what you come up with.

Think about a moment in your life where someone or something inspired you. Talk to a friend/family member about it and find out about their moment of inspiration too!

Use the internet to find some inspirational quotes and stories.

Create an 'inspiration board' to help inspire and motivate you on days you need that extra hit of positivity!

You can create your board using paper and pens or by using websites like Pinterest.

Wellbeing tips for the week!

M: Find an inspirational quote (perhaps from your inspiration board) and read it 3 times today.

T: Make a list of all the positive things about yourself- ask friends/family to help if you need. Keep the list for future confidence boosts!

W: Write a letter to yourself in 5 or 10 years time- tell your future self what you hope you will have achieved by the time you read it.

T: Write down 5 things you can't wait to do once this pandemic is all over. Look at this list when you feel bored or low.

F: Make a card/write a letter to someone you live with with a positive message in and watch them smile 😊

Read this article about how to become an inspiration to others. Then write down 1 thing you are going to try and do more of to help inspire others!

https://www.huffpost.com/entry/giving-back_b_3298691?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAABXwhbF6EMvvYJBwYQIRh-6PBd2ez3itQM04tz9VcTzmE9qXFDM_P2sXjuwJh_3FL0TubmUMIX2xHF31CZMxDvCAYbLyzE6n4qSaeZQHbDiyGsWLUq-5uj9q2yyDqwSSvS87gpKeDRjeGTuqZzm_kXAdtlr1zOw