



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: what is it?

- 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 something extra-ordinary?
- Over the next few slides you are going to meet some inspirational women from different works of life.
- Which of these women do you find most inspiring and why?

Scientist: June Almeida



- June Almeida was the woman who discovered the first coronavirus.
- 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.

Leader: 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 is the first Prime Minister in the world to take maternity leave! She has inspired thousands of working women and mothers worldwide as she demonstrated that with the right family support, it was possible to have a child and a successful career.
- Ardern has had many standout moments in her time as PM, here is one:
- 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.

Mathematician: 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.
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Thespian: Emma Rice



- 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.

Activist: Tarana Burke



- 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 (GGE) 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.
- Tarana is well known for her quote, 'You have to use your privilege to serve other people'

Athlete: 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



Inspiration

Research the meaning of “Thespian” and why it is used.

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!

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

Tips for the week:
M: Send a positive text to five friends
T: Think about two role models in your life and why they inspire you.
W: Make a card/write a letter to someone you live with with a positive message in
T: Stay Positive
F: Play a card or board game you’ve played in a while

Click [here](#) to read about how to inspire others