



Welcoming Vanesa Pazos to advisory board | Are you multi-tasking your way to burnout? | Final call for the 26th November circle | Share the latest edition of Lumin Voices featuring Ilaria Vilkelis



 Vanesa Pazos : Lumin Founding Advisor

Thrilled to announce Vanesa's involvement as a Founding Advisor for the Lumin community. 

Highly regarded for her role as VC fund founder at NoBa Capital, she is focused on investing in the future of work to help shape a new working landscape. She's also a huge advocate for women investing in women and is driving forward this agenda under her [#EmpowerHer](#) initiative.

Come and meet Vanesa at a fireside chat on **12 December** at the RSA with an opportunity to chat with others over an informal, long table lunch. Final details to follow, [pre-register here](#).



Final call  Next mentoring circle is In person | Tuesday 26 November 2024 at 9.00AM

Don't miss out: Book now

[REGISTER](#)

Is multi-tasking harming your productivity — and driving you towards burnout?



A recent incident at EY highlights how ingrained multi-tasking is in modern work culture — and the risks of doing too much at once.

And what about gender? The stereotype is that women are inherently better at multi-tasking, but the research debunks this. But it is

Some research suggests multitasking can slash productivity by 40%, as our brains aren't wired to focus on multiple tasks at once.

At EY, dozens of young employees were dismissed after bosses discovered they were attending multiple online training sessions simultaneously. Winning a place at the multinational professional services outfit is tough, bringing an inevitable sense of pressure on performance and outputs, which no doubt led to what must have seemed a whizzo scheme in theory – completing courses simultaneously.

At EY, the bosses saw the multi-tasking as a problem, not a solution, but too often it's the workplaces that demand it, leaving workers juggling tasks and feeling stretched thin.

the case that women are often expected to balance more, particularly in work and domestic spheres, with what may be competing demands, but does this generate good outcomes?

At Lumin we're going to be doing a deep dive into the research and reporting on this, but would also like to reflect on your experiences and get you involved in telling the story and sharing any lessons learned to pass on to others.

Have you faced pressure to multi-task to get work done, or been pressured into it to balance work and home commitments? Let's discuss — how do we shift this culture? [Share your experiences](#) in our LinkedIn community group and take a minute to do the poll.

Elevating voices across the community : watch, read & share



Building presence

Presenting ourselves with confidence and authenticity

→ Ilaria Vilkelis, Executive Coach

in conversation with

→ Maggie Taylor of This is Lumin

LUMIN VOICES

thought is words

Watch and share the second edition of Lumin Voices

How do you create a strong professional presence that truly resonates?

Global executive coach Ilaria Vilkelis has been sharing her expert insights in the Lumin community – at a recent workshop and in a longer recorded interview.

Next week, we're taking this conversation beyond the community as part of our **LUMIN Voices series**, designed to amplify women's voices and stories through mentorship, storytelling, and community.

Keep an eye out for the posts on LinkedIn and Instagram, and please share them with your network to help

 Top Tips from Ilaria:

If you haven't seen the interview yet, now's the time! Learn top tips for overcoming self-doubt, crafting a compelling elevator pitch, and being fully present in your professional interactions.

Ilaria explores how presence starts with authenticity — listening, finding common ground, and sharing your story with confidence. It's about embracing who you are, not just what you've done.

[Watch the interview](#), [read the article](#) and look out for the short video takeaways we will be posting on [LinkedIn](#) and [Instagram](#) and share them with your network. Let's spread

raise awareness of Lumin and the amazing women we're featuring.

the word and inspire others to build authentic, meaningful connections

Over the last year, I've been hugely fortunate to have the support of some truly amazing women. These women have been deeply committed to the idea of building a multi-generational mentoring and storytelling community and have supported me every step of the way in bringing it to life.

One of those women steps into the spotlight today: **Vanesa Pazos**. I'm thrilled to announce Vanesa's involvement in helping to steer the LUMIN community forward. Her dedication and insight have already made a tremendous impact behind the scenes, and I can't wait to see how she'll help us grow in this next chapter.

Do join us on the 12th December if you'd like to meet Vanesa.

And what about **multi-tasking**? There's a pressure on women to think they're the natural multi-taskers but the research says no. It's something I'm keen to delve into to see how we may shift the dial on the myth and build a better approach in future when faced with too many pressures. There's a poll on LinkedIn and please comment on the topic as well. I'll be setting up interviews soon. As I always say 🙄 we cannot advocate for change if we don't have the facts.

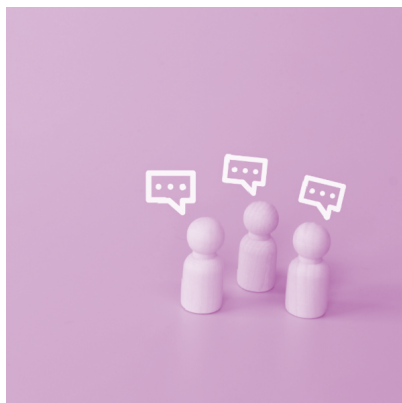
A reminder, also, to get involved in the private LinkedIn group for the community - so why not watch **Ilaria's top tips** and then introduce yourself over there.

Have a great weekend.

Maggie Taylor

Founder of LUMIN

#mentoringwomen #womenchangemakers #bridginggenerations



If you've taken part in one of the mentoring circle sessions, we'd love to get your feedback via this quick online form. Responses are anonymous — what matters most is your honest perspective on these initial trial sessions. Your insights will help shape future sessions. Thank you 🙏

FEEDBACK



REMINDER!

Join the hub

Join conversations and build lasting connections in the LUMIN private group on LinkedIn

JOIN THE HUB

Connect with us so we can follow you back and share your news and activity with the community



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