



What we learned, what's next, and why NO is your new superpower

LATEST INSIGHTS & INTERVIEWS FROM THE NEWSROOM

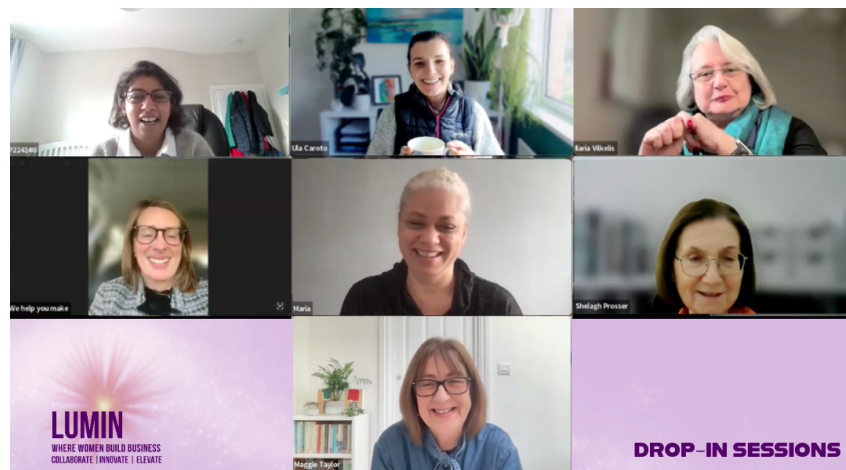
taking ownership of your time by saying no

Just because you can, doesn't mean you should : why women must rethink the default yes. [Read](#)

tackling the march of macho leadership

As leaders, Trump, Putin and Musk polarise audiences by showing their 'true colours'. How can we show up with an authenticity that is meaningful. [Read](#)

Tapping into a power bank of shared energy



Pictured: (l to r) and click to connect: [Nimisha Patel](#) [Ula Caroto](#), [Ilaria Vilkelis](#), [Harriet Heneghan](#), [Maria Akore](#), [Shelagh Prosser](#) with Maggie Taylor

This week's drop-in session reinforced the power of connection for women working sole.

From energy management to strategic business development, the group demonstrated how shifting towards trust-based sharing and true collaboration can unlock greater opportunities and impact.

We also discussed motivation and productivity: navigating fluctuating energy levels and balancing work-life demands.

Another experience sparked a valuable conversation on goal-setting in being more intentional about securing work.

The energy and openness of these sessions remind us why Lumin exists: to connect talented women, foster support, share knowledge and drive meaningful progress.

If you missed this session, do [join us](#) next time, and we'd love to hear what would help *you* take the next step in your business!



"There's something truly powerful about women coming together - sharing experiences, lifting each other up, and offering guidance without hesitation. An inspiring and energising session"



"Another brilliant session [thank you for]... bringing incredible people together and for guiding an inclusive and inspiring conversation"

Some comments from Monday's drop-in (and thanks for the positive feedback!)



Are you a 'yes woman'? Take the test



**Giving yourself
the green light to say
no can clear the way
ahead**

Saying yes often feels like the easier option, whether it's a client request, a favour for a friend, or another non-promotable task at work. And that's not surprising when research shows that women face greater pressure to comply with requests and are more likely to experience negative reactions when they say no. The result? Overcommitment, stress, and missed opportunities to prioritise what really matters.

This week on Lumin, we're exploring **the power of saying no**: why it's so hard, how to do it effectively, and how setting clear boundaries isn't just self-care but a professional necessity. If you're a 'yes woman' more often than you'd like, check out the [five-question checklist](#) in our latest feature and start reclaiming your time.

[Read now](#)

Let's collaborate to innovate

Shaping new ways to work together

Do [join us](#) for an interactive session at the RSA in central London, where we'll be exploring how we can create routes to collaborate in meaningful, practical ways. We're looking at how to move beyond supportive conversations into real opportunities to grow our businesses together.

Whether you're looking for an accountability buddy, co-working partners, skill-sharing opportunities, or ways to collaborate on client projects, this session will help us shape how those connections happen. Your insights and experiences will be key in refining how Lumin facilitates collaboration in a way that's both effective and sustainable.

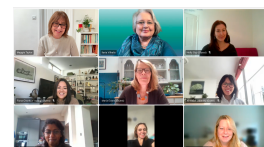
IN PERSON: Exploring collaboration

16th APRIL 9.30AM | 15TH MAY 2.00PM
Royal Society for the Arts, off the Strand, London



ONLINE: Drop-in & bring your own topic

 Last Monday in the month, every month
31st MARCH | 28th APRIL | 19th MAY
Online from 12.30PM - 1.30PM each session



Interested in helping to shape the conversations at the drop-ins? We're looking for session chairs for upcoming dates. Drop Maggie a [message](#)

IN PERSON: Co-work & Net-walk

14th MARCH

Harbour Hotel from 1.0PM - 3.00PM

Richmond Park from 3.00PM on



[BOOK HERE FOR ALL EVENTS](#)

Leading with integrity, setting boundaries, and driving real change

This week, I'm delighted to have had my place confirmed to take part in **UN Women's CSW69** discussions, joining a global movement pushing for real progress on gender equality. It's a powerful reminder that change comes from collective action: something we're always championing at Lumin.

We've also been exploring the challenge of **saying no**, not just in setting boundaries but in resisting the pressure to be constantly 'on'. It's a skill we don't talk about enough, yet it's essential for sustainable success.

And finally, with the world order shifting around us, **authentic leadership** matters more than ever. How do we stay true to our values without falling into the trap of 'authenticity' as an excuse for bad behaviour? That's the focus of this week's editorial.

More on all of this over on [This is Lumin](#) newsroom and as ever, if there's something you'd love to see explored, let me know!

Maggie Taylor

Founder of LUMIN

#womenchangemakers #bridginggenerations #collaborativesuccess

Can you pass the message along to someone you know who may be interested in hearing about Lumin? Encourage them to register for our updates and to join us on LinkedIn

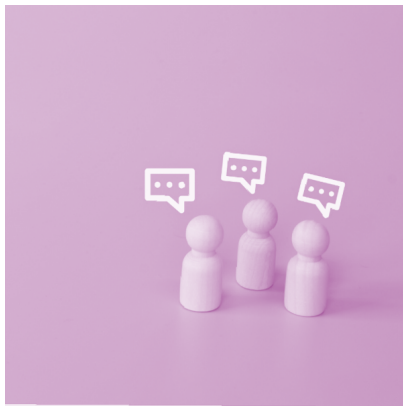
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[Watch LUMIN Voices on YouTube](#)

Listen, learn, and help amplify these women's voices sharing knowledge and building opportunity. Each conversation is also explored in a feature article in the Lumin newsroom. **What stories or challenges would inspire you?** Nominate yourself or others — your input shapes the journey!

[WATCH](#)



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 direction. 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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