

Tilted

A LEAN IN PODCAST



Episode 4: From El Salvador to Singapore, stories of women leaning in

Tilted explores the uneven playing field women face—the gender bias that lurks in unexpected places, the impact it has on our everyday lives, and how women are leaning in and driving change.

INSTRUCTIONS

Individually or as a group, listen to “From El Salvador to Singapore, stories of women leaning in”, the fourth episode of *Tilted* (available at leanin.org/podcast). Use the questions below for a group discussion on the themes and ideas shared in the episode.

ABOUT THIS EPISODE

From El Salvador to Singapore, Spain to the U.S., women everywhere experience gender bias—and we all benefit from the support of other women, too. In this episode of *Tilted*, we talk to women who run Lean In Circles (small groups of peers who meet regularly to support one another and learn new skills together). They share their experiences with bias in their respective home countries and the things that unite us no matter where we live.

[Listen](#) to Episode 4: From El Salvador to Singapore, stories of women leaning in

QUESTIONS FOR DISCUSSION

What resonated for you?

1. What most surprised you about this episode? What were you most interested to learn?
2. Did anyone share a story that really resonated with you? What was it, and how did it relate to your life?

Women’s experiences around the world

3. What does being a feminist mean to you? How do you think the perception of what it means to be a feminist differs around the world, and why?
4. In this episode, the women on the podcast share their experiences facing sexism or gender bias in workplaces from Barcelona to Singapore to Atlanta.
 - a. Have you experienced or witnessed sexism in your working life? How did it make you feel?
 - b. As a group, discuss why you think those experiences occurred in your workplace, and brainstorm ways to deal with these situations when they happen in future.
 - c. How did the stories shared on the podcast, compare or differ from the challenges women in your culture or community face?
 - d. Do you think some responses or solutions are more culturally accepted in some communities or countries than others? If so, which ones and why?

5. Share an example from your own life, your Circle, or from the news, that makes you hopeful about the way the world is changing for women.

The impact of Circles and and peer mentorship

6. In this episode, Lean In Circle leaders shared the impact that Lean In Circles have had on them and their community.
 - a. How do you think peer networks (or your Lean In Circle) differ from a group of friends or family in helping you to achieve your goals?
 - b. What impact has your Lean In Circle had (or do you hope it will have) in your life? Share an example with the group of a positive change in your life you have made, or started working towards, since joining your Circle.

Key take-away's and advice

7. What advice would you give to your 23-year-old self? What would you do differently?
8. What's one key takeaway from the episode that you'd like to share with someone else? With whom would you share it?

ABOUT LEAN IN CIRCLES

Lean In Circles are small groups that meet regularly to learn and grow together. They're a place for sharing ideas, gaining skills, seeking advice, and showing solidarity. Most of all, they're a place where we help each other become our very best selves. Starting a Lean In Circle is one of the best ways to build your skills while helping others. To find out more visit leanin.org/circles