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## The majority should not be treated as a minority: Hedwig Nuyens' advises to Armenian women

It is not enough to be smart and work hard. If you want to progress faster or more easily, you need to talk about what you do, how you contribute to the objectives of your organization. Share your experience and successes, expand your connections and become an active player in your network. So you need 3 things, at the same time:

- be smart,
- work hard, and
- be your own PR manager.

|| You have to focus on yourself first. This can sound selfish, but remember the safety rule in airplane: you have to put your oxygen mask on first before you can help anyone else.

|| Learn to step out of your comfort zone and take opportunities when they present themselves. Remember, you are the master of your life and choices; you do not have to wait for permission from anyone.

|| Being visible is important.

|| It is also crucial to involve men in the debate. Learn to negotiate, influence, and if needed, speak up and express your opinion. You know, many men want and are ready to help. Learn to get a “yes” from both men and women.

|| You cannot do everything alone. Ask for help.

|| Doubt! You can protect yourself by doubting, because you will think several times before doing something. But your doubts should not stop you.

|| Last but not least, trust is important. If you do not dare and try to trust other people, you will not get anything. If you are not open and you do not trust, you complicate your life.

Please, feel free to connect with **Hedwig Nuyens** on [LinkedIn](#) or visit the website of European Women on Boards to hear from other events: [www.europeanwomenonboards.eu](http://www.europeanwomenonboards.eu).