

OWNING YOUR CAREER JOURNEY

HOW TO ADVOCATE FOR YOURSELF
AT EVERY CAREER STAGE

2026

SUCCESS

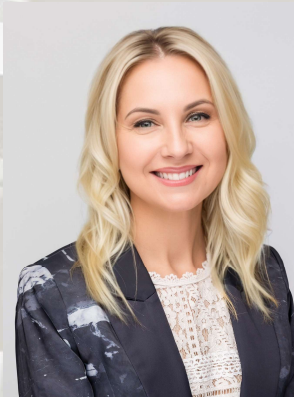


INTRODUCTION

Gosia Suchorska

Project Director

Winslow Infrastructure



A professional civil engineer with over 20 years' experience in the construction industry. Her expertise lies in project management, commercial, estimating, and high-risk civil works, gained in tunnelling, rail, bridge, and road infrastructure. Gosia's experience has been gained across many states of Australia and Internationally.

As a Project Director at Winslow Infrastructure, Gosia manages the delivery of major projects. She fosters a culture of high performance in safety and budget diligence and is passionate about continuous improvement and developing her team's capabilities.

A strong advocate for diversity and wellbeing, Gosia aims to increase the representation of women in the industry. She is committed to creating an inclusive work environment and believes that diversity improves decision-making and project outcomes. An effective leader, Gosia sets standards through her actions and strives for excellence in the construction sector.

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INTRODUCTION



Not a professional speaker or facilitator

Not an HR professional

Or Psychologist

Experience and Opinions

I strongly believe that anyone can do anything they want

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TOPIC OF THE DAY

- Consistently showcasing your strengths, values and achievements
- Proactively expressing goals and interests that align with your desired career path
- Confidently negotiating and setting your own boundaries
- Capitalising on successes and bouncing back from setback

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HUMAN IN ME

Self discovery – Know Yourself

Understanding who you are as a person and professional

From Serious to Silly

- Generation
- Personality Type
- Archetype
- Values
- Love Languages 😊

♥ Quality time

- Words of Affirmation
- Acts of Service
- Gifts
- Touch

Knowing those things about myself makes me more effective, it helps me to read my reactions and work on my responses

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HUMAN IN ME

→ Generation (X)

- self-reliant, self-motivated, practical, informal
- tough, efficient, pragmatic and independent
- entrepreneurial and productive in the workplace
- work/life balance, flexibility, and technology makers
- comms: face-to-face, phone call
- dot.com boom
- fully analog childhood

→ Generation (Y)

- Generation “me”
- Influential, confident, competitive
- crave constant feedback
- treat messages as instant
- sense of “meaning” at work
- want to have fun at work
- comms: Text and email
- Internet and technology users
- analog childhood and digital adolescence

→ Generation (Z)

- Personalization, authenticity, inclusivity, comfort
- immediacy and digital interconnectedness
- fear of cringe
- prone to anxiety
- comms: social media, text
- digital childhood, self-identified as device addicts (mostly online)

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HUMAN IN ME

- DISC Profile (Dominance, Influence, Steadiness, Compliance)
- Introvert, Extrovert or Ambivert
- Empath (people deeply attuned to the emotions and energies of others, absorbing those energies as if they were their own)

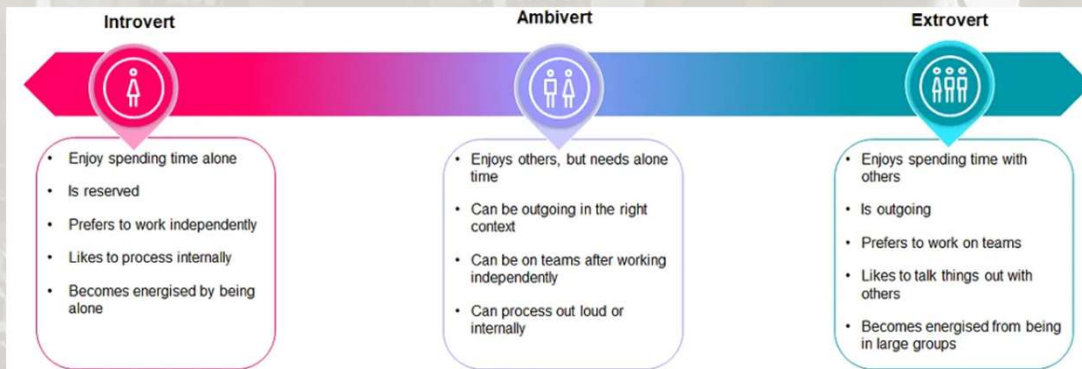
Results, Success
 Confident, Direct
 Insensitive
 Fear of losing Control

Enthusiasm, Social Recognition
 Charm, Optimism
 Impulsiveness
 Fear of Social Rejection



Accuracy, Quality
 Quiet Precision
 Overthinker, Critical
 Fear of being Wrong, criticism

Support, Collaboration
 Patience
 Indecisiveness
 Fear of change, offending



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HUMAN IN ME

→ Values

- Freedom
- Nature
- Wisdom
- Truth
- Diversity

To understand your values is to understand the guiding principles that shape your decisions, behaviors, and interactions.

The young me and the intuition:

- Diet
- School

The professional me:

- Opportunities
- Career choices
- Interview preparations :
 - Company values and my values

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THE WORLD AROUND

- Mentorship
- Sponsorship
- Coaching



Mentor:
an experienced and trusted adviser,
general behind the scenes support, an ally



Sponsor:
a senior leader who uses their influence to help
obtain high-visibility or promotion, an advocate



Coach:
supports professionals in making changes
they need in order to pursue personal or
professional goals, a teacher

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THE WORLD AROUND

→ Networking

→ Professional Associations

- Engineers Australia
- NAWIC
- CCF
- ACA

Building strategic relationships with individuals, associations and businesses for professional purposes and create connections that can be mutually beneficial.

Increase your visibility by connecting with others making yourself and your skills known.

What you know or who you know 😊?

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THE WORD AROUND

→ Diversity

- equal but not the same
(not right or wrong, better or worse, just different)
- Childhood and growing up

→ Planning Family (or anything else that matters)

- if you want to have a family go for it.
- don't prioritise the work
- the right company will support you
- it doesn't impact your talent and capabilities
- seek supportive organisations
 - flexibility, part-time arrangements, job sharing

→ Art of interviewing



- courage and believing in yourself
- no second guessing
- representation

→ Advocating for yourself

- take ownership and communicate to your manager
- What you want
- Where you are going
- If you believe you deserve it – say so
- common misconceptions:
 - managers know what's the best for us
 - managers are busy and come with own unconscious bias, often do not take time to plan our careers
 - decisions are made in personable circumstances when people feel comfortable in a familiar environment making promotions appear subjective.
 - my hard work will be recognised
 - head down and merit will be rewarded
 - seen as lack of ambition or desire

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Thank you

ANY QUESTIONS?

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