



WORDS OF WISDOM: Samantha Armytage encouraged girls to be brave, resilient, work hard and seek mentors.

Women rule the school

INSPIRATIONAL speakers urged girls to embrace all opportunities and to back themselves at Our Lady of Mercy College's inaugural Women in Leadership Forum.

Federal MP Linda Burney, *Sunrise* co-host Samantha Armytage, author Felicity Castagna and Macquarie University Energy and Environmental Contaminants Research Centre senior lecturer Dr Yijiao Jiang, discussed the challenges and opportunities faced by women. OLMC girls and their families, along with students and staff from seven other Sydney schools then joined the conversation through a Q and A session and a live Twitter and SMS feed.

"Their wonderful stories were funny and inspiring and reminded us all to never give up believing in yourself and to live your life with courage and confidence," OLMC deputy principal Marie Wood said.

Ms Burney shared her seven 'Ls' of advice: to listen, learn, lose well, have limits, demonstrate loyalty, live well and to think of life as a journey, a long game.