



**Actuaries
Institute**

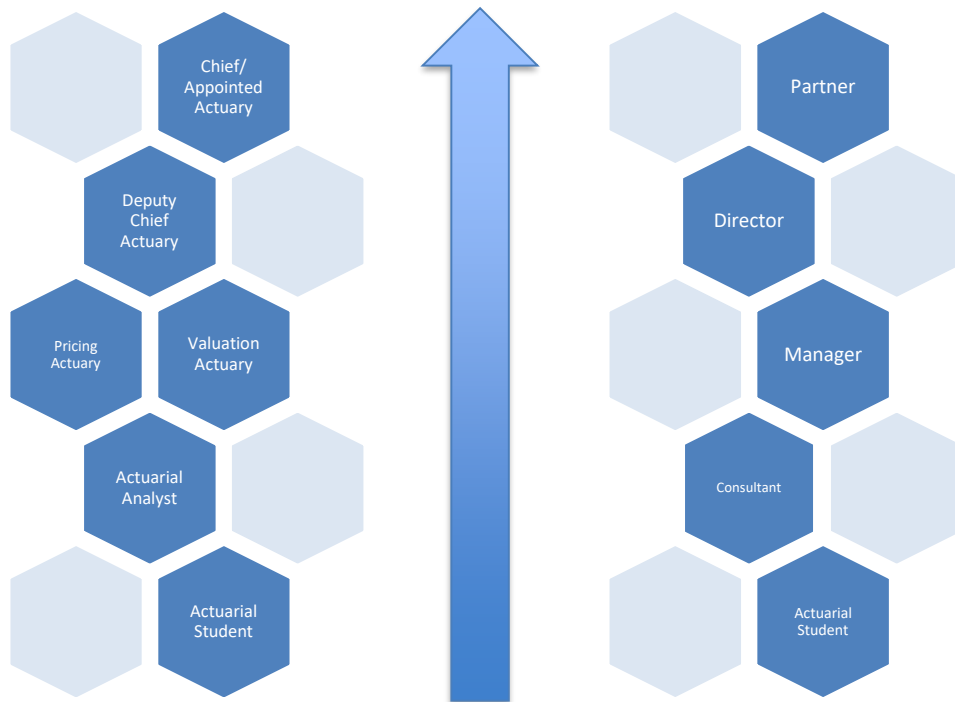
Breaking the Actuarial Mould

Julia Lessing and
Kirsten Armstrong

Julia Lessing

Director, Guardian Actuarial

The actuarial mould?



My career

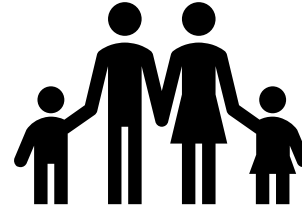
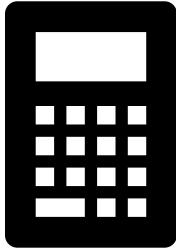


Breaking the actuarial mould



Follow your interests

- At work
- Outside work



Volunteer!



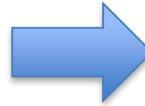
At work

- Working groups
- Institute committees

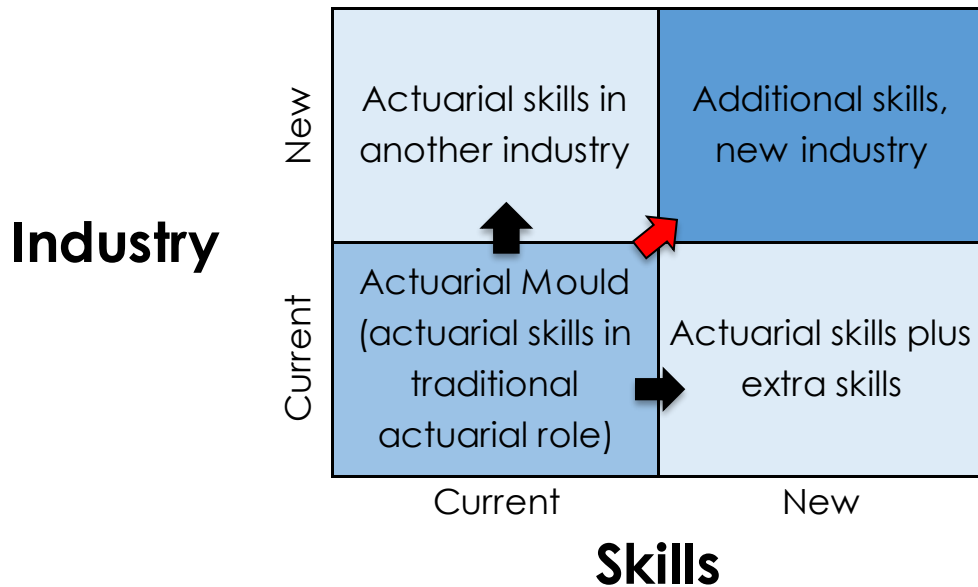
Outside work

- Sporting clubs
- Community activities

Keep learning



Build on what you are good at



Grow your network



- Nurture current relationships
- Join groups, forums in new fields of interest
- Write and share content

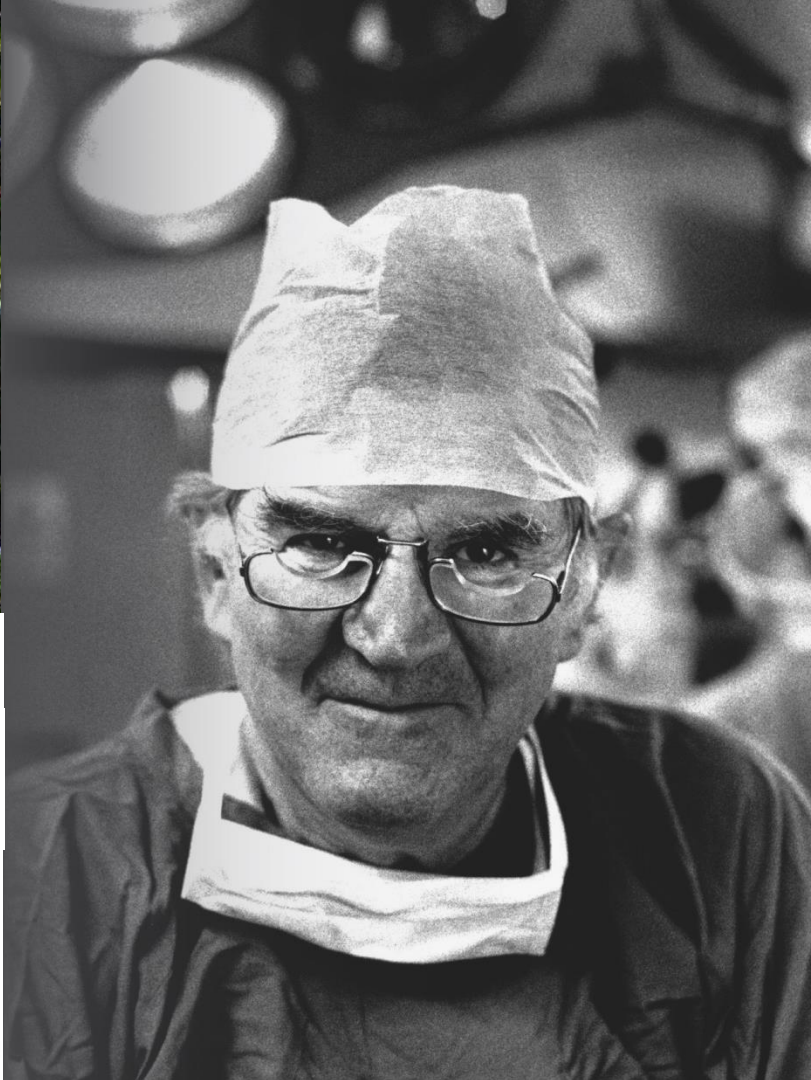
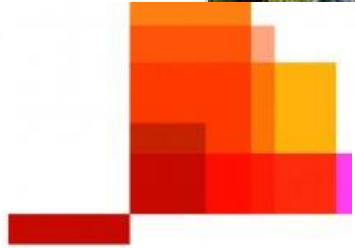
Julia's top tips for breaking the actuarial mould

- Follow your interests
- Volunteer!
- Keep learning
- Build on what you are good at
- Grow your network

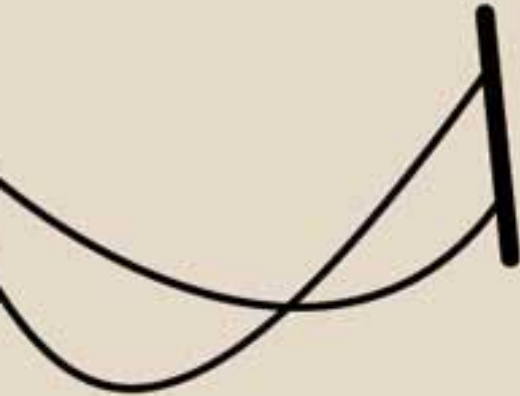
Kirsten Armstrong

Director, Knowledge &
Innovation

The Fred Hollows Foundation



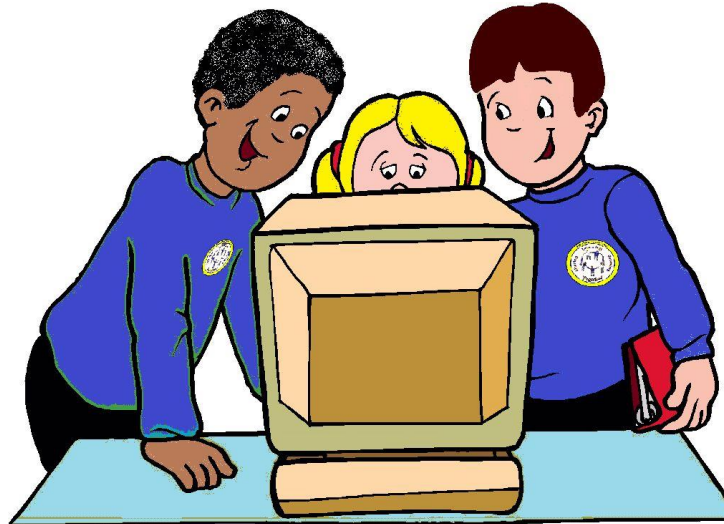
Earn trust



Stay curious



Work with people you learn from



Say yes!





Pursue your Passions

Q&A

Julia Lessing and Kirsten Armstrong

Facilitator: Gloria Yu

