

# Inclusion 247 Podcast

## Show notes

[www.inclusion247.com](http://www.inclusion247.com)



## Episode #4 – Unconscious bias women face in business and publishing



In this episode we talk to Lucy McCarraher, co-founder of Rethink Press.

[Rethink Press](#) publishes the business books of entrepreneur authors. Lucy started working with [Dent Global](#) in 2013 and mentors hundreds of entrepreneurs worldwide through planning and writing their books on the Key Person of Influence programme.

In 2017, Lucy Founded the [Business Book Awards](#) to celebrate the quality and variety of business writing and publishing.

As well as *A Book of One's Own*, Lucy is the author of eleven previous books, including *How To Write Your Book Without The Fuss*, with her business partner Joe Gregory, and *How To Write Fiction Without The Fuss*. Her first novel, *Blood and Water*, was short-listed in the Richard and Judy Novel Competition and published by Macmillan New Writing, followed by *Kindred Spirits* and *Mr Mikey's Ladies*. Lucy's self-help books include *A Simpler Life* and *The Real Secret*, both co-authored with social psychologist, Annabel Shaw.

In this episode we explore the challenges and unconscious bias women face in business and publishing.

Lucy talks about the Business Book Awards and how she had a special award for an Exceptional Book by a Woman and how next year's special award will be for an Exceptional Book promoting Diversity and Inclusion.

Lucy also share the importance of writing a book for Entrepreneurs, and how she is on personal mission to inspire more women to write their business book. Lucy gives details of the support she offers through mentorship to groups of women through her 'A book of one's own' challenge.

### Contacting Lucy

[www.rethinkpress.com](http://www.rethinkpress.com)

[www.abookofonesown.com](http://www.abookofonesown.com)

[www.facebook.com/groups/ABOOCircles](https://www.facebook.com/groups/ABOOCircles)

<https://www.linkedin.com/in/lucymccarraher/>

### About the Show

The **Inclusion 247** podcast is for busy professionals who want to know 'how' to create an inclusive workplace culture. Throughout this series Teresa will speak to some of the most inspiring thought leaders of today, including yourself(!) who will share their knowledge and insight into what it takes to build an inclusive workplace culture. She will guide listeners through her tribe5 Diversity & Inclusion® methodology - from taking stock, raising awareness, to inspiring all stakeholders, building

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for the future and embedding positive Diversity & Inclusion practices.

The format of the Podcast is 30 minutes of conversational-style discussion about ideas relating all aspects of equality, diversity, inclusion and belonging.

You can learn more at [www.inclusion247.com](http://www.inclusion247.com)

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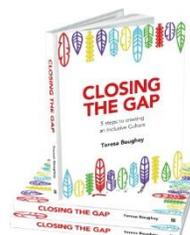
### About your host

Teresa Boughey is an Award-Winning Diversity and Inclusivity specialist with over 25 years' Senior Leadership experience working with large organizations and their executive boards.



Teresa is a TEDx speaker, a UK Female Entrepreneur Ambassador and has been recognised as a Top 100 F:entrepreneur. She is business board member of two All-Party Parliamentary Groups, influencing Government on Policy.

She has appeared on BBC One's Sunday Politics Show and local BBC Radio. Teresa has also been a judge at the UK Biz Awards and UK Employee Experience Awards.



Teresa is the author of the #1 best-selling book *Closing the Gap – 5 Steps to Creating an Inclusive Culture*.

As an active fundraiser Teresa has also helps raise funds for various charities and is currently an Ambassador for The Hunger Project – Unleashed Women's Project.

### Contact Teresa

Facebook	<a href="https://www.facebook.com/JungleHRLtd/">https://www.facebook.com/JungleHRLtd/</a>
Twitter	@junglejayne21 @inclusion247
LinkedIn	<a href="https://www.linkedin.com/in/teresa-boughey-jungle-hr/">https://www.linkedin.com/in/teresa-boughey-jungle-hr/</a>
Website	<a href="http://www.junglehr.com">www.junglehr.com</a> <a href="http://www.inclusion247.com">www.inclusion247.com</a>