

The background is a solid grey-blue color. In the top-left corner, there is a light green geometric shape, possibly a parallelogram or a trapezoid, tilted at an angle. In the bottom-right area, there is a blue geometric shape, also tilted. Overlaid on the bottom-right portion of the blue shape are several horizontal, wavy lines in various shades of blue and green, creating a layered, water-like effect.

Working for Exposure

Ashley Knibbs, Rhiannon Lloyd, Rob Axtell, Edd
Rees, Frankie Weaver

Ashley - Women's struggle with exposure

Why do Women Struggle With Exposure?

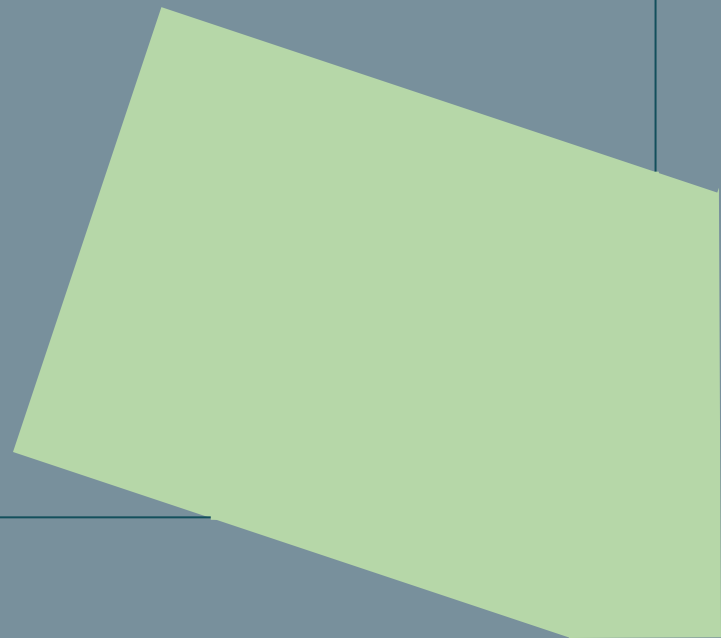
Sheryl Sandberg, the author of *Lean In: Women, Work and the Will to Lead*, gave a fantastic TED talk in 2010, which shed some light on why women struggle to promote themselves in the workplace. The key reasons included:

Women systematically underestimate their own abilities: unlike men, who usually overestimate their abilities, women are often modest about their skills, achievements and capability. While modesty is an admirable trait to have, it can negatively impact on the exposure you receive in the workplace and limit your career prospects.

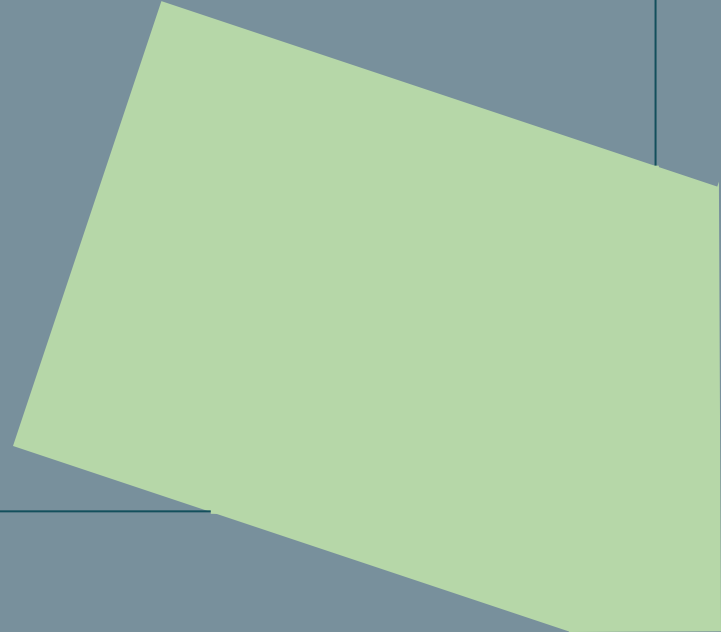
Women often attribute their success to external factors: unlike men, who attribute their success to themselves, women are more likely to credit co-workers for their endeavors or say they were lucky to do well. It is important to take credit for your own hard work, talent and creativity, to gain more exposure. Yes, blow your own trumpet!

Women don't apply for jobs unless they believe they fulfil all job requirements. Women are more likely to wait until they are a perfect fit for a job before applying. Men are more likely to bluff their way to the role and work it out as they go. Men will rely on the currency gained by exposure to land the role instead of making sure they are perfectly qualified. Sandberg suggests: "Women need to shift from thinking I'm not ready to do that" to thinking "I want to do that — and I'll learn by doing it".

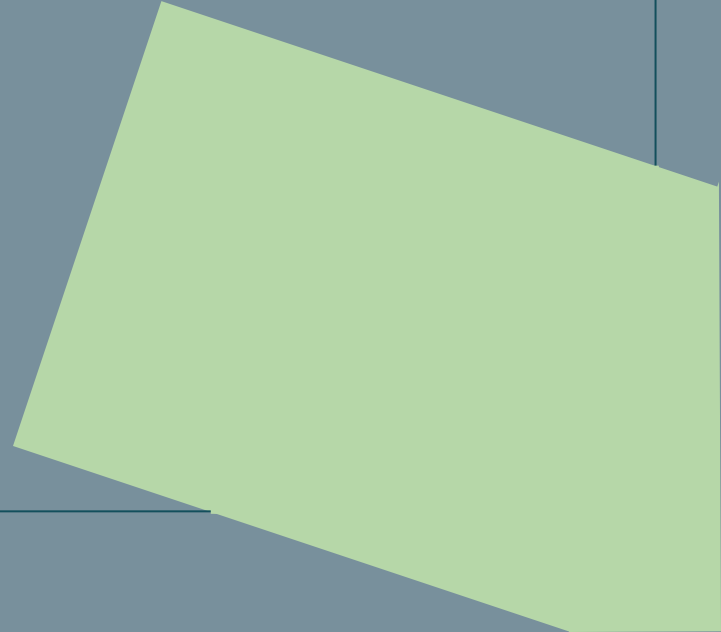
Rhiannon



Rob



Edd



Frankie

How does it effect actors mentally?

Unpaid work in any field, including acting, may be a challenging subject, particularly in terms of mental health. Prioritising your well-being and setting limits will help you maintain a healthy work-life balance. Remember that your mental health should always be your number one priority, and it is acceptable to advocate for yourself and request fair remuneration for your time and efforts.

“Almost two-thirds of performers (63%) earned less than £5,000 from their profession in the last year, a survey suggests.” The BBC ((October 2018)

<https://www.bbc.co.uk/news/entertainment-arts-46356689>

Almost 6 years ago this was the financial struggles that actors was facing.