



About Danielle Dobson

Danielle is a Speaker, Author, Facilitator and Mother. As a CPA with extensive corporate experience, Danielle covered everything from private practice to multinationals. Identifying the high levels of stress and overwhelm experienced personally and by others, Danielle wanted to make a difference.

She pivoted from a corporate career and has been serving clients in the wellbeing space for the past seven years. This mission drove Danielle to conduct a two-year research project interviewing over 50 women (and a few men) in leadership roles across a diverse range of industries, which became the basis for this book.

Danielle is donating 10% of all book sales to the Illawarra Women's Health Centre's Mothers and Sons program which supports mothers to raise their sons to become respectful men.

Breaking the Gender Code – book summary

Breaking the Gender Code unpacks why we feel the constant pressure to keep all of the balls in the air and why we think we have to. It looks at how the cultural myths created and reinforced over millennia underpin our expectations today and aren't serving us.

But most importantly it deconstructs how to do it differently; just why we don't need more of anything – that we can simply use what we already have, to get what we actually want.

In the process, this comprehensive and easy-to-read book:

- reveals how the Gender Code unintentionally creates pressures, holds women back and limits potential
- dismantles the outdated motherhood, superwoman and having-it-all myths
- puts the Gender Code under the microscope and scrutinises the equation of productivity + business = worthiness
- provides tools and strategies to create individual solutions for your unique context
- shares tried and tested 'pressure releases'.