



Embarking on Tomorrow
UNSW Women in Business Society
2023 O-Week Edition

The ReCap

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TABLE OF CONTENTS



INTRODUCTION

Meet The Team 02

Capital W 2023

Presidents' Address 04

Lina Zaioor and Maggie Xu

Women In Spotlight 05

Jacinda Ardern



SPONSORS

Sponsor Articles 07

Bloomberg, E-Lead, Credit Suisse, Crescent Capital Partners, Goldman Sachs, OC&C Strategy Consultants, Macquarie Group, Pinnacle Investment Management and Optiver

ARTICLES

Student Articles 20

- Getting Comfortable with Being Uncomfortable by Aneeqa Khan
- Maximising Uni Life by Ven Lee Teo
- A Guide to Effective Study Planning by Zoe Peditris
- The Inevitability of Change by Dami Taiwo
- New Year, New Me by Alia Shaikh and Harriet Vitek

Further Information 26

- Upcoming Capital W Events
- Sponsor Descriptions



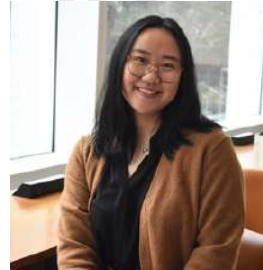
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PRESIDENTS' ADDRESS

Dear all,

On behalf of Capital W, we would like to extend a warm welcome to all incoming students, returning students and industry firms joining us in 2023. Founded in 2007, Capital W is the premier Women in Business Society at the University of New South Wales. The Capital W community has continued to grow over the years, with over 4750 members across all Australian universities joining us on our mission to develop, inspire and empower the women of today to become the future business leaders of tomorrow.

2023 will be a pivotal year of growth and development for our community following the recent celebration of our 15th anniversary. We strive to carry on with honouring the monumental impact Capital W has made in empowering women in business thus far. By continuing to strengthen our relationships with sponsors and alumni, and creating events and publications that bring value to our member base, we aim to build upon the progress achieved and ensure these goals remain at the forefront of our vision and strategy.

To our incoming students, congratulations on beginning a journey of lifelong learning. UNSW is not just an academic institution, but rather a platform for personal growth and development. We encourage you to make the most of your university experience by embracing the challenge, uncertainty and endless possibilities that lie ahead with open arms.

Here at Capital W, we are excited for you to begin your university journey, and hope that our extensive support network, resources and welcoming community provides an avenue of comfort during this new chapter.

To our valued industry firms, thank you for your ongoing support of Capital W. We are truly honoured to partner and work alongside organisations that believe in our mission and are enthusiastic to showcase the various pathways and career opportunities for those who aspire to become the future business leaders of tomorrow.

To our 4750 members and counting, we are excited for you to join us on another year of self discovery. We encourage you to pause and reflect on the progress you have made so far in both your personal and professional lives. Reflect on the challenges you were scared to overcome, the opportunities you seized, and the achievements your younger self dreamt you would one day accomplish.

We all have the capacity to create change, whether that be in our university environment, workplace or our personal relationships.

We hope that 2023 is a year where you continue to seek out new opportunities and embark on a lifelong journey where the person you are tomorrow is always a better person than the one you were yesterday. We invite you to discover what 'Embarking on Tomorrow' means to you.

Lina Zaioor and Maggie Xu
2023 Co-Presidents



WOMEN IN SPOTLIGHT

JACINDA ARDERN



Her Journey

Prior to her studies, Ardern joined the Labor Party (1999) at 17, where she then began university studying a Bachelor of Communication Studies. Ardern then climbed the ranks of the party to enter the House of Representatives at age 28, making her the youngest member. Ardern faced years of narrow misses for different candidacy positions, until she finally became leader of the Labor Party and was elected as Prime Minister in 2017.

Facing Adversity

Ardern's tenure has highlighted the upsetting reality that sexism is still starkly present in society. With comments that are not worthy of repeating, Ardern met them with dignity and witticism that stand as a great example for future female leaders such as those who are currently reading this article. Ardern showed that climbing any hierarchy that has been built by men will be a difficult challenge for us as women, but at the end of the day it is possible.

Handling Uncharted Territory

During her time as Prime Minister, Ardern faced unforeseen challenges including natural disasters, economic crisis, terrorism and a global pandemic. Following the Christchurch terrorist attack, Ardern became a beacon of hope for New Zealand and spoke personally and genuinely to the public and victims. Ardern was a figure of empathy and quickly took action to ban most semi-automatic weapons across the country in 2019.

Ardern's handling of the COVID-19 pandemic, like many world leaders, was heavily criticised. New Zealand was the first country to close its borders to tourists and enforce strict quarantine requirements.

Epidemiologists and other health officials have praised her ability to take harsh action for the greater good, with New Zealand being mostly COVID-free until early 2022. At this point, most of the population has already been vaccinated. This achieved the least amount of COVID-related deaths in Western countries.

Ardern's time as Prime Minister has taught us to remain true to your personal values and execute roles with due diligence and respect.

Embarking on Tomorrow

Recently, Ardern has stepped down from her position as New Zealand Prime Minister, expressing to the press that she "no longer had enough in the tank." Ardern has become a prime example of knowing when you have reached your capacity and recognising that you need to change your path.

Ardern is embarking on her own tomorrow and this is not going to be the last we hear of her. This is an important message to take when pursuing your studies - you must be aware of what level of commitments you can and cannot take. Only you can decide this, and it is not about comparing yourself to others. You must know when to prioritise yourself. You will know or can discover, what your tomorrow is.



Who we are

At Bloomberg, we engage in meaningful work, delivering leading-edge productions and solutions that shape the industry and are critical to our clients. By harnessing the power of data, news and analytics, we help organize, understand and bring clarity to a complex world.

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Requirements

We’re not looking for any particular discipline for these roles. If you’re passionate about the financial markets, solving complex problems and challenging the status quo, we want to hear from you.

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CLASS OF 2023



CLASS OF 2023

MILLENNIUM WOMEN

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AN INTERVIEW WITH EMMA SUN



Private Equity Associate

What is your role at Crescent Capital Partners ?

I am a Private Equity Associate at Crescent Capital Partners. Private Equity companies invest capital in private companies and aim to grow and exit the business over a medium term timeframe. I am involved in all elements of the investment process - from assessing new deals to portfolio management to managing exits.

What is something about Crescent Capital Partners that has inspired you?

The ability to influence deals and create impact. Juniors within Crescent are given a great deal of responsibility, including Directorship roles on portfolio company Boards, or leading advisors on key diligence streams. You may have a spark of an idea which could end up being a very real deal we look into, or you could find something critical in the due diligence process that ends up making - or killing the deal.

“Embarking on Tomorrow” can sound daunting to some students.

What advice would you give to someone starting a new chapter of their life?

Always keep your options open where you can. I started my career in management consulting because I wanted to delay having to specialise in something until I felt like I had experienced enough to know the path I wanted to go down. Private equity is fantastic for this because you really become an expert in all aspects of business - from M&A processes, to thinking like an investor, to knowing how to run and grow a successful business. The possibilities are endless from here.

What was your original ambition when starting higher education? Is it different to where you are now?

I originally wanted to become an investment banker because it sounded glamorous, and it seemed like that's what every high-achiever aspired to be. Then after spending a summer interning, I quickly realised that while there were parts of the job I enjoyed,

investment banking was not for me. That's when I started exploring other options such as management consulting and private equity (although graduate positions in PE didn't exist back then).

If you could give your first-year self advice, what would it be?

Don't be intimidated by the new and unknown. I passed on so many awesome opportunities early on because I didn't think I had the right skills or felt qualified to take them on. The truth is, everyone needs to start from somewhere, and the sooner you start, the easier it is to be totally humble and accept that you are just learning. For example when I started in management consulting, I put off running complex models for as long as I could because it was too intimidating - then before you realise, you get more senior and it's even harder to admit that you don't know how to do something. It's a vicious cycle from there.

— “ —

“Don't be intimidated by the new and unknown”

— ” —

Apply now for the Crescent Capital Partners 2024 Graduate Program

Crescent Capital Partners is a leading Australian private equity firm that has raised over \$4 billion across seven funds.

We actively manage a diverse portfolio of businesses across healthcare, industrials, financial services, technology, education and consumer brands.

What sets our firm apart is the passion we have for actively working closely with our portfolio companies in a highly collegiate and collaborative culture.

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Current vacancies

Investment Analyst
(Sydney)

Application dates

Open 6th Feb 2023
Close 7th Mar 2023

Requirements

Must be available for full time position in 2024

To apply

See our linkedin page for more information

Join an upcoming presentation in Sydney, Melbourne or online

To register your interest for an event or to learn more, please email recruitment@crescentcap.com.au

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An Interview with Julia Briggs

Corporate Advisory Analyst

What is your role at Goldman Sachs?

I am an Analyst in the Real Estate coverage team in the Corporate Advisory in Global Advisory & Markets. Our team provides financing and advisory services to clients across a wide range of real estate-related industries. As an analyst, I support the team by putting together strategic presentations or conducting detailed financial analysis for our clients.

The theme of this publication is 'Embarking on Tomorrow'. How will you implement this theme in your future goals?

I like to set near-term, achievable goals rather than long-dated ones that may fall by the wayside. You never know how much can change in a short amount of time so I think it's really important to focus on tomorrow and not get too caught up in the next five to ten years.

What is something about Goldman Sachs that has inspired you?

The people you have the opportunity to meet and work with have to be the most inspiring part of working at Goldman Sachs. I feel very lucky to be part of an incredible global network that I can learn from every day. A lot of whom I met have become close friends over my time here.

With the industry ever-changing, what are current tasks that you think could change in upcoming years?

There is no denying that technology is going to change our role in a lot of ways in the near-term future. It's going to make some parts of our jobs super efficient, meaning we get to spend extra time thinking through the more important problems. I'm a big believer in creative thinking, and I don't think technology can replace that anytime soon.

I think the best advisors will be those who can think creatively through our clients' problems and bring a unique perspective to any situation.

"Embarking on Tomorrow" can sound daunting to some students. What advice would you give to someone starting a new chapter of their life?

It's a really exciting time in your life and you have so much ahead of you! I'd say to enjoy it as much as you can and try to get the most out of your university experience. Whether it is joining new clubs, social sports or taking various internships - it's a great time to broaden your network. There is no doubt you will establish relationships and friendships that will last for many years ahead.

If you could give your first-year self advice, what would it be?

Don't put pressure on yourself today to know what you want to do with the rest of your life. Keep an open mind and use your first year to find the subjects you enjoy and that genuinely pique your curiosity.

Who is someone that inspires you to embrace new and difficult opportunities?

Definitely the women in my life - both personal and at work. My Mum is a constant source of inspiration as a business owner and a mother of three herself. The senior females at Goldman Sachs manage to balance their personal lives with their demanding work schedules. It's incredibly inspiring what they have achieved and the challenges they must have faced along the way.



Curious, collaborative and driven? Let's chat.

See yourself here.

At Goldman Sachs, we believe who you are makes you better at what you do. We seek out people with all types of skills, interests and experiences. Even if you have never imagined a career in finance, there's a place for you here.

For us, it's all about bringing together people who are curious, collaborative and have the drive to make things possible for our clients and communities.

2023 Early Immersion Series: Corporate Advisory Development

This interactive multi-day program for student leaders aims to give participants hands-on experience in Corporate Advisory and showcase the collaborative and apprenticeship culture Goldman Sachs has to offer.

Application opens on January 27, 2023 and closes on April 25, 2023

Summer Analyst Program

Our Summer Analyst Program is a ten week summer internship for students from late November to February. You will be fully immersed in the day-to-day activities of the firm.

Application opens on January 27, 2023 and closes on:

Auckland: Early March 2023

Sydney: August 1, 2023

Melbourne & Perth: July 18, 2023

Goldman Sachs

2023 Early Immersion Series: Corporate Advisory Development Program

Inviting all penultimate year students to register their interest in Corporate Advisory in the Goldman Sachs 2023 Early Immersion Series: Corporate Advisory Development Program.

Please subscribe to our mailing list by registering on this [link](#) to receive updates for the program.

Summer Analyst Program

We actively seek to recruit talented people from all academic backgrounds for our internships positions.

How to Apply

Submit your resume, cover letter and academic transcript at www.goldmansachs.com/careers

Application starts on January 27, 2023

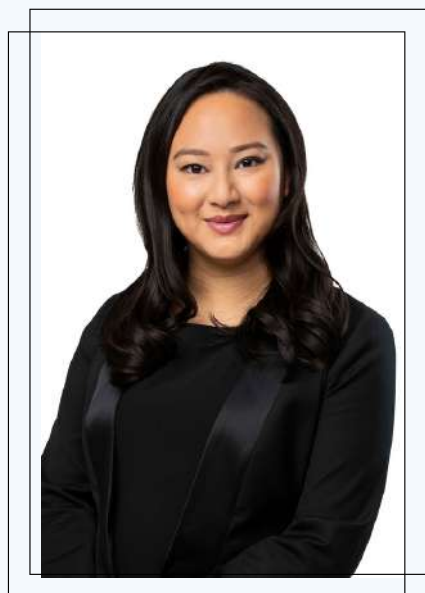
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An Interview With...

JULIE PRESTON



Associate Partner

What is your role at OC&C Strategy Consultants?

I am an Associate Partner at OC&C Strategy Consultants, a global management consultancy. My main focus is on the Consumer & Retail and Private Equity sectors, but have worked in a number of different areas over my career.

The theme of this publication is 'Embarking on Tomorrow'. How will you implement this theme in your future goals?

I think having a long-term view of what you want your life to look like (both personally and professionally) will help you identify the steps you need to take to give yourself a good foundation to achieve your goals. For me, that includes investing in relationships and building deeper expertise in my field. It can be easy to have a laser focus on the next exam, job, or promotion, but that long-term lens helps keep these short-term things in perspective and bounce back from momentary set-backs.

What is something about OC&C Strategy Consultants that has inspired you?

The people. One of the benefits of working for OC&C is being able to work with an amazingly diverse group of people from all over the world with different interests and expertise who, in addition to being brilliant strategists, are all incredibly nice and fun to work with.

If you could give your first-year self advice, what would it be?

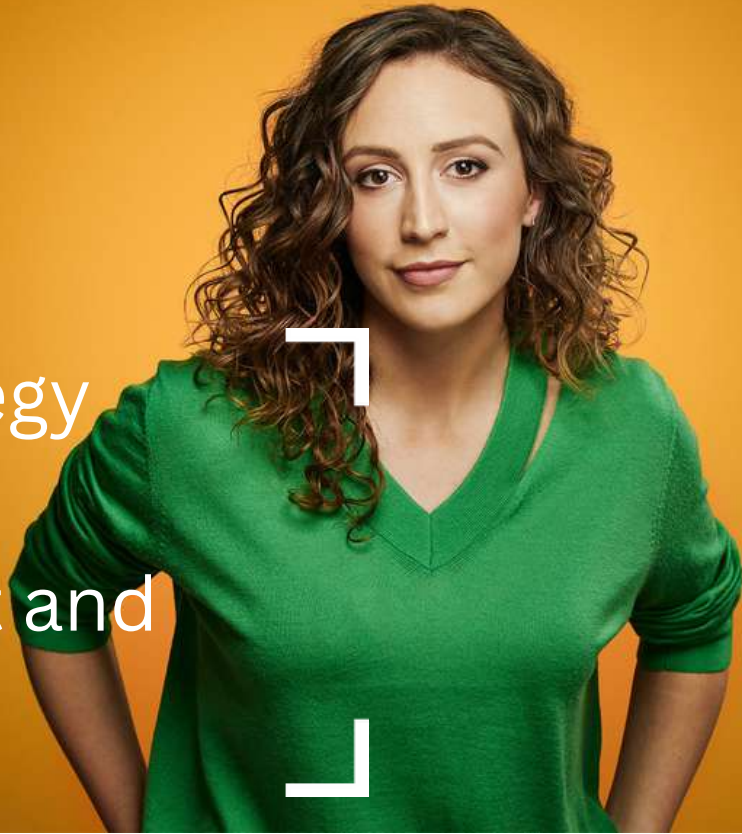
Make as many connections as possible. All of my best friends to this day are people that I met in university. It is a unique time in life when you are surrounded by new and interesting people, and have the time to explore those friendships.

Was there any advice that you received that you still keep in mind?

Take a look around to see what people you admire are doing, including any habits or ways of working that you can adopt. It can be helpful to mix-and-match things that are working well for other people and tailor a version of that for yourself.

How does OC&C Strategy Consultants help you achieve your future goals?

OC&C is very focused on people development. Each consultant is assigned a coach, as well as other formal and informal mentors and sponsors. As a team, we are committed to helping you chart a course that suits your needs and wants. There isn't a uniform career path that everybody is expected to follow and there is a strong commitment from the firm to help you pursue your interests — whether that be specific industries, functional areas, secondments in other countries, flexible work arrangements, or something else.



OC&C Strategy Consultants Recruitment and Event Dates

OC&C is a global strategy consultancy providing clear thinking on some of the most complex and exciting strategic problems facing businesses today. We are strategy specialists, with deep sector expertise across Consumer Goods, Retail, Leisure & Hospitality, Media, Communications and Technology, Private Equity, and B2B Products & Services.

At OC&C, we believe in solving problems using fresh, crisp analysis to offer our clients bespoke strategies, not off-the-shelf answers. We treat each problem as unique – there is no generic framework, no rulebook. We also prioritise our people: we invest in making sure that everyone gets the training and support needed for them to succeed within a diverse environment, which is collaborative and fun.

Key Dates

Event	Date
2024 Graduate Associate Consultants Applications Open	Friday 20th January 2023
2024 Graduate Associate Consultants Applications Close	Monday 27th February 2023
Strictly Strategy Competition Open	Friday 27th January 2023
Strictly Strategy Competition Close	Monday 27th February 2023
OC&C Information Session	Tuesday 7th February 2023
Meet the Managing Partner	Wednesday 15th February 2023
Crack the Case	Thursday 23rd February 2023

Visit www.occstrategy.com/au/careers/our-events to learn more about our events.

Scan the QR code to view our current vacancies or visit <https://careers.occstrategy.com/vacancies>



AN INTERVIEW WITH JESSICA DRUMMER



ASSISTANT RELATIONSHIP
MANAGER

What is your role at Credit Suisse?

My name is Jessica Drummer and I am an Assistant Relationship Manager at Credit Suisse in the Wealth Management division. For over 5 years I have worked closely with a Relationship Manager who manages assets under management of over AUD \$1 billion. Clients include successful entrepreneurs, executives, family offices and endowment funds.

The theme of this publication is 'Embarking on Tomorrow'. How will you implement this theme in your future goals?

I will challenge myself to be proactive and bold. I will set realistic goals for myself that promote and encourage self-development and growth. I will revisit these goals consistently to hold myself accountable.

What is something about Credit Suisse that has inspired you?

I am very grateful to work for Credit Suisse and to be part of the Wealth Management division. The clients and my colleagues inspire me every day to bring my best self to work. Credit Suisse has a very diverse, inclusive and supportive culture. I have had the opportunity to meet colleagues in the New York, London and Zurich offices. Across the globe, my colleagues are incredibly intelligent, passionate and hardworking. They inspire me to hold myself to a high standard and they support and encourage my self-development and growth.

If you could give your first-year self advice, what would it be?

Enjoy this next chapter and take advantage of all the opportunities that UNSW has to offer. Make a conscious effort to look after your mental and physical health throughout your university journey. Each holiday period set new goals for yourself, both academic and personal for the next Semester. Challenge yourself to attend networking events, join extra-curricular activities and meet new people. Internships are an invaluable opportunity to learn new skills and to confirm if a particular role or career path is the correct one for you. Make an effort to build authentic relationships and find yourself a few mentors.

These could include students a few years ahead you that you respect, University Professors or professionals in your desired industry.

How does Credit Suisse help you achieve your future goals?

I feel comfortable to have honest and open conversations with my Manager about my professional goals and what steps I need to take in order to achieve them. Credit Suisse has been very supportive and has provided me with numerous opportunities to build practical skills in order to further grow and develop. This has included supporting further education, taking part in the NIDA Corporate Training course, completing the Global Train to RM Program and being selected to participate in the Wade Institute Startup Sprint.

What are some steps you take in your daily life to ensure you continue to grow in the workforce?

At the start of each year I write down the goals that I would like to achieve and what steps I need to take in order to execute these goals. Credit Suisse have formal performance reviews every 6 months. This is a great opportunity to meet with my Manager and to reflect on what I can improve on and to discuss what I am proactively doing in order to achieve my goals. Separately, I make an effort to meet with mentors and attend Banking and Finance networking events.

Journey to the Top With Verena Lim



From Sydney Intern to Asia CEO at Macquarie Group

In 2004, Verena Lim completed a three-month internship with Macquarie in Sydney. It helped her decide that finance was the right career path and opened the door to working part time for Macquarie while she completed her Bachelor of Commerce and Law at UNSW.

“At that time, Macquarie was front page news due to the unique types of transactions they were doing,” Verena says. “I joined funds management, which was an emerging growth area within the organisation”. Verena enjoyed working with what she describes as the tangible, essential services of infrastructure investments - from airports, road networks and rail services to supplying households with electricity and supporting telecommunications infrastructure. So, she remained with the Asset Management group when she joined Macquarie’s Graduate Program in 2006.

Working overseas had always been on Verena’s wish list, but she was surprised when, just a couple of years later, she was offered the opportunity to relocate to Singapore. “Senior colleagues encouraged me to make the move and supported me with the decision-making process. I’ve been fortunate to receive similar mentoring throughout my career,” Verena says.

The global move paid off, eventually taking her career from Business Analyst to Macquarie Group’s Asia CEO. She is also an Executive Director of Macquarie Asset Management, as well as Head of Macquarie Asia Infrastructure Fund. She also sits on several investment committees and portfolio company boards.

Since then, Verena says she has had many career highlights, including leading the Taiwan Broadband Communications IPO on the Singapore Stock Exchange. She has also led several petrochemical and oil storage acquisitions in the region and, in 2016, helped establish and lead the regional Macquarie Asia-Pacific infrastructure fund series, which is the largest infrastructure platform in Asia-Pacific.

Wearing several hats also means her current role is varied. “I spend my days reviewing investment opportunities with the teams, looking at how the funds’ strategy is playing out for investors, and assessing fundraising,” Verena explains.



“I also deal with operations issues with finance, legal or tax teams and, in my role as Macquarie Group’s Asia CEO, I look at people and culture, risk, cross-collaboration initiatives and other activities across our 14 Asian offices.”

After 17 years, Verena says she remains engaged by the range of opportunities, learning experiences and smart people she works alongside at Macquarie. “Macquarie was my first job out of university, but it really has been more than just a job,” she explains.

— “ —

“I’ve grown and matured with the organisation over the years, discovering who I am and what I’m good at.”

— ” —

“I aim to lead by example, encourage debate and give people the same space and encouragement to develop that I received,” Verena says, “it is important to be authentic and genuine.”

“I feel very privileged to be part of Macquarie. We’re one team. We have a collaborative and solution-minded culture which is driving results for the organisation.”

An interview with... Emily Pearson

Associate Director in Distribution



What is your role at Pinnacle Investment Management?

As an Associate Director in Distribution, I maintain high levels of activity with clients, manage relationships, implement business development plans and raise capital for Pinnacle's affiliates across multiple asset classes, demonstrating the ability to connect the firm's capabilities with client's needs. I am challenged to continually find new ways to manage risk and provide investment opportunities for clients (Family Offices & Financial Advisory Practices) in increasingly complex markets. During my time at Pinnacle, I have improved my ability to understand a client's investment direction, help them anticipate and deal with changing market conditions, while providing them with appropriate advice and solutions to reach their investment goals.

The theme of this publication is 'Embarking on Tomorrow'. How will you implement this theme in your future goals?

'Embarking on Tomorrow' has been a continuous theme in my life. Not only from a career perspective, but my lifestyle as well. They are aligned and go hand in hand, and I believe you cannot be successful in one and not the other. Every 6 months, I re-evaluate where I am, how I feel, and where I want to be, and in more instances than not, my future goals continue to change and evolve. Having ambitions and goals has created a deeper connection between myself and Pinnacle, however what I need to implement and what this theme has reminded me to do, is to check in with my organisation to ensure they know what my expectations are and to understand theirs. Throughout my time at Pinnacle, these goals have helped me develop new and positive behaviours and create focus to strive to be where I want to be.

What is something about Pinnacle that has inspired you?

Prior to joining Pinnacle, I worked at large financial institutions due to their reputation and belief they were best placed for career development. However, I found due to their size and rigid structure it was hard to make a true impact and be heard, which are two important characteristics I was looking for in my employer. I found at Pinnacle, the trust and autonomy they have provided has allowed me to lead projects and improve processes, which has created an enjoyable and rewarding place to work and allowed me to continually strive for better outcomes.

Do you have any non-work-oriented goals for 2023? If so, how are you planning on achieving them?

Yes, absolutely! A big goal of mine has been to complete a Triathlon (1km swim, 60km bike ride and 10km run), and I have set this goal for 2023. First and foremost, I know that to keep me accountable, I needed to lock in a specific date/event that I needed to be ready for, which is the Busselton Triathlon in Perth (April 29th). Understanding that this is my first time training for such an event and something I can't simply complete with no training, I knew that I needed some structure to guide me towards success. I have broken down this goal to several different steps and milestones to ensure I achieve what I have set out to do. For example, I have joined various tri-clubs and have a virtual trainer, which has created a flexible plan designed to fit around work and family/friend commitments, plus coach support to keep me honest and answer any questions I have along the way.

How does Pinnacle help you achieve your future goals?

Pinnacle provides an environment where they empower and provide opportunities to grow. Pinnacle has created a culture where career development is a priority and provides a place where you could spend your entire career, even if your career path and goals change. Whilst Pinnacle is a growing organisation, they see younger members of the team as a vital part of the company and its future. They provide younger members the opportunity to thrive and take on real responsibility.

Accelerate your future in trading and tech

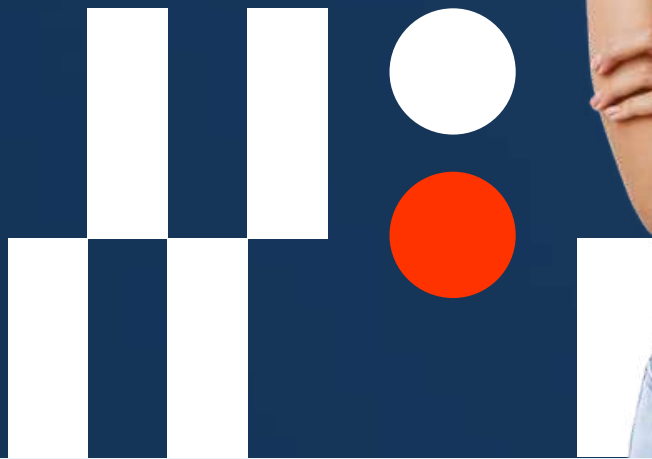
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Getting Comfortable with Being Uncomfortable

I've heard countless people reminiscing on their school days and saying that university is nothing like what everyone says it will be. Let's be honest, coming-of-age movies aren't exactly the most truthful, but university can be the best time of your life if you learn to become more comfortable with the uncomfortable.



But seriously, what does that even mean? It means putting yourself out there, introducing yourself to people, showing up to events, and getting off your phone to enjoy the moment. University is a perfect time to develop and grow but it is not a time for sticking to your comfort zone and becoming complacent. So here is your guide to making uni the best possible experience it can be.

Mindset

Every year you say "new year, new me" but nothing changes. Take this article as a wake-up call and actually do it. Let me give you a few tips of what that 'it' could be: make new friends, go out at least once a week to university and this can be to a party or just to a cafe. University is a perfect time to reinvent yourself, shift your mindset, and become the best version of yourself, the one that makes you proud.

Join Societies

Going to society events is a great way to make friends and enter a supportive environment of people who just want to help you settle in. Join a society that interests you and then attend events and get involved.

Joining societies doesn't only mean attending events, you can also help run the society by being a part of a subcommittee or becoming a director. There is something so exciting about working in a team that can easily transform your uni years into the best years of your life.

Everybody is going through the same thing

If you are a first-year or even a third year, understand that everybody is going through the same discomfort and feelings as you. It is okay to not have university figured out. Give yourself space and time and be kind to yourself. If you are overwhelmed with everything, don't be afraid to ask for help because everybody is willing to lend a hand.

Now just remember, being uncomfortable is only an experience you are not used to. It is something you should cherish in because it means you are going somewhere, breaking new boundaries, and reaching new heights. Becoming comfortable with the uncomfortable will help you reach the tomorrow you have always dreamed of.

By: Aneeqa Khan
(Events Subcommittee)



maximising uni life

YOUR SURVIVAL GUIDE TO STARTING A NEW YEAR OF UNI

Arc Volunteering

Arc's volunteering opportunities are ideal to connect with the UNSW cohort, meet new people and give back to the community. Arc Street Team organises weekly events to spread positive vibes around campus, while Yellow Shirts organises, creates and drives O-Week stalls and events. Alternatively, Unsweetened publishes poetry, essays and short stories written by UNSW students.

Arc Sport

With the newly renovated Village Green, this is the perfect time to make new friends and get some exercise by joining one of Arc's 30 plus sport clubs. Regardless of your skill level or experience, Arc has a sports club for you, including soccer, hockey, basketball and many more.

Make New Friends

Don't be afraid to introduce yourself to someone new in your lectures and tutorials. This is extremely helpful for group projects, and you never know when you may make a lifelong friend! If you're starting uni surrounded by many of your high school friends, make sure to be open towards meeting new people from different backgrounds.

Societies

Joining a society is one of the best ways to expand your social and professional circles. Societies offer invaluable opportunities to meet new people, participate in networking events and develop important soft and hard skills. With portfolios such as events, publications and sponsorships, there is surely something that will align with your interests.

Join Capital W

If you're a female student studying business, Capital W is the perfect society for you! Capital W is dedicated to developing, motivating and empowering the talented women of today to become the future business leaders of tomorrow. Capital W hosts various events, from small, intimate workshops to larger-scale networking events.

Capital W Portfolios

Events organise and execute flagship events, such as Annual Dinner and the International Women's Day Breakfast.

Careers organise the BEYOND Mentoring Program and the Alumni Panel.

HR organise internal bonding initiatives, end of year social and subcommittee recruitment.

Marketing engage in social media platform management, graphic and content creation and evolving the Capital W brand.

Publications format, organise content and design for Capital W's tri-annual magazine, 'The ReCap', weekly e-newsletters and blog posts.

Sponsorships manage communications with sponsor companies through emails and LinkedIn, and create new partnerships for Capital W.

Digital leverage technology to streamline, transform and maintain processes and systems while creating value out of data collected across Capital W platforms.

By: Ven Lee Teo (Publications Subcommittee)

A Guide to Effective Study Planning

By: Zoe Petridis (Publications Subcommittee)

University can be overwhelming due to the workload, expectations and self-guided nature of most courses. To help overcome falling behind, cramming and burnout, it's important to develop and follow a plan that will provide structure and balance to your uni life. Effective study planning starts at the beginning of each term, not just the start of exams, so it's important to begin developing and testing personal weekly plans early on.

To develop this plan, first you need to prioritise, what's most important to you? What are your non-negotiables beyond classes? The things you want to do every week and even in busier periods. This might be work, gym, socialising, etc. These are blocked out in green.

Next, UNSW recommends 10-15 hours of study per subject each week outside class times. Blocking this time out will ensure you can stay on top of your work as the term gets busier. These are blocked out in blue, while it seems like a lot, you probably won't need all this time. Classes are in yellow.

Lastly, remember to be flexible and utilise your study planner alongside a more detailed organiser or notes to keep track of due dates, homework, special events and progress on larger tasks.

Tops Tips

- Keep all deadlines on one visible place i.e. a note on your laptop homepage or desk.
- Use allocated study times to get ahead on assignments.
- Continue to take breaks, socialise and exercise throughout the term.
- Utilise university support services e.g. special consideration, the Nucleus.



Term 1 2023 Planner

	MON	TUE	WED	THU	FRI	SAT	SUN
FEB	13 Class 1	14 Class 2	15 Class 3	16 Class 4	17 Class 5	18 Class 6	19 Class 7
	20 Class 8	21 Class 9	22 Class 10	23 Class 11	24 Class 12	25 Class 13	26 Class 14
	27 Class 15	28 Class 16	1 Class 17	2 Class 18	3 Class 19	4 Class 20	5 Class 21
	6 Class 22	7 Class 23	8 Class 24	9 Class 25	10 Class 26	11 Class 27	12 Class 28
MAR	13 Class 29	14 Class 30	15 Class 31	16 Class 32	17 Class 33	18 Class 34	19 Class 35
	20 Class 36	21 Class 37	22 Class 38	23 Class 39	24 Class 40	25 Class 41	26 Class 42
	27 Class 43	28 Class 44	29 Class 45	30 Class 46	31 Class 47	1 Class 48	2 Class 49
	3 Class 50	4 Class 51	5 Class 52	6 Class 53	7 Class 54	8 Class 55	9 Class 56
APR	10 Class 57	11 Class 58	12 Class 59	13 Class 60	14 Class 61	15 Class 62	16 Class 63
	17 Class 64	18 Class 65	19 Class 66	20 Class 67	21 Class 68	22 Class 69	23 Class 70
	24 Class 71	25 Class 72	26 Class 73	27 Class 74	28 Class 75	29 Class 76	30 Class 77
	1 Class 78	2 Class 79	3 Class 80	4 Class 81	5 Class 82	6 Class 83	7 Class 84
	8 Class 85	9 Class 86	10 Class 87	11 Class 88	12 Class 89	13 Class 90	14 Class 91
MAY	15 Class 92	16 Class 93	17 Class 94	18 Class 95	19 Class 96	20 Class 97	21 Class 98
	22 Class 99	23 Class 100	24 Class 101	25 Class 102	26 Class 103	27 Class 104	28 Class 105

WEEKLY CHOP! PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
NEXT WEEK							

Weekly Study Planner:

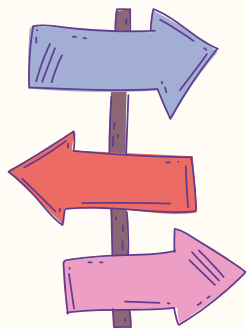
This planner uses the CHOP template available for download at slightchop.com

THE INEVITABILITY OF CHANGE

By: Dami Taiwo
(Publications Subcommittee)

I've always liked to think that I was the type of person who loved change, who thrived even with changes going on. However, I've realised that I only like change when I plan for it.

I am a chronic planner. If you're anything like me, you consider every single possible outcome of a situation so if something doesn't go your way you can regroup because you have a PLAN. However, the truth is (and something I think we've all realised now vis a vis the global pandemic) is that you can't plan for everything and that includes all the wonderful changes you'll go through.



Tip 1: Get out of your own head

Most times we dread or avoid change due to the fear of the unknown. At university, a lot of things change, be it your study method, friendship group, your opinions, etc. Instead of sitting in our minds and stewing about all of the things we used to do or how we used to go about things, get out of your own head. Embrace the new opportunities and the growth that change brings. Research new study methods, try different writing styles

for your essays, and speak to the person next to you (they're probably just looking at their phone to LOOK like they're doing something).

Tip 2: Be a little spontaneous

I'm not telling you to go on a weekend trip when you have assignments due on Monday, but I'm also not telling you not to (you can solve your problem set on the drive there). I think it gets easier to accept the growth that comes with change when you let yourself live with a degree of spontaneity. One thing I've learnt about university is that you sometimes discover opportunities out of the blue and if it's something you want to try, why not apply or sign up on a whim? You can have fun and learn so much from these experiences. Even if they don't turn out as you may have hoped, just take it as a character development thing.

Tip 3: Take time out for yourself

University and the change that comes with it can feel very overwhelming so don't be ashamed of taking a day off to relax. I know people love to brag about how stressed they are at uni but that isn't healthy. Always make sure you feel mentally and physically well, it'll help you handle things better than if you were stressed out.



new year, new me

**This year I'll start researching.
I'll do it soon.
New year, new me.
Next year for sure.**

No matter what the goal was, those words are familiar.

There are some of us who don't get stuck in the cycle. If that's you, hats off. To those who put off our goals longer than we'd like to admit, here are a few different tips on how to meet your resolutions.



Acknowledging goals is not enough

Admitting you have a goal to reach before a certain time is not going to get you anywhere. To increase your chances of reaching goals, your first task is to set a realistic one. The second task is to define that goal. Every detail that you gloss over needs to be considered. Research how to make a 'SMART' goal before you set your goal. Having an achievable and realistic goal is half the task!

Knowing when to stop

We believe one of the keys to success and achieving goals is actually knowing your limits. We aren't superhuman. Even the people who achieve the most in the world cannot do that indefinitely.

A current example is Jacinda Arden and how she knew to prioritise herself and resign as of 25 January 2023. The former Prime Minister of New Zealand is someone praised worldwide for her decisions. Her responses are remembered, ranging from her handling of the tragedy of the Christchurch Terrorist Attack to the blatantly sexist questions asked of her in interviews.

Taking note of world leaders' choices, it is important to remember that to achieve results you must maintain your health, and balance your life to ensure that you can properly appreciate your life and goals. Despite the judgement you may face from those around you, it is always important to prioritise your wellbeing.

Setting goals to achieve a lifestyle

New year's resolutions don't need to always be academic or financial, they are about recognising parts of your life in the previous year that you want to shine a spotlight on in the next year.

Personally, I like to identify three areas of improvement and come up with a specific goal to target each area. These could include areas like social life, spirituality, hobbies or fitness. Within each area you can identify a specific SMART goal that will help you better yourself in that space. This way, you can create goals which are important to you and simultaneously help you achieve a more balanced lifestyle.



Overall, your resolutions should reflect your priorities for the following year. Most resolutions are thrown to the side before March, so it's important to find areas you are passionate about and create a sustainable lifestyle to encapsulate your goals into your day-to-day life.

It's all in the journey

Goal setting is not just about achieving what you have set out for. While obviously that is always satisfying, sometimes it is just as important to appreciate your consistent effort and dedication throughout the year.

If you have not met your target within your set time frame, it is important to assess why. Is the goal possible? Will it just take you a little longer to get there? Whatever it is, recognise and celebrate your achievements regardless.

With that we wish you all the best for the year and all of your future endeavours.

By:
Alia Shaikh
Harriet Vitek
Publications Co-Directors



UPCOMING CAPITAL W EVENTS



TERM 1

6 February: BEYOND Mentoring Program Applications Open

22 February: First Year Social

28 February: Discover Crescent Capital Partners

10 March: International Women's Day Breakfast

March: Term 1 Subcommittee Recruitment

TERM 2

May: Applications Workshop

June: Annual Dinner

June: Capital W x UNIT Diversity in Finance

July: Around the World Careers Panel

July: Capital W x UCC Women in Consulting Event

TERM 3

October: Keeping up with the Alumni

October: Term 3 Subcommittee Recruitment

More events to be announced...

Adobe

Adobe is the pioneer of game-changing innovations that redefine the possibilities of digital experiences. They connect content and data and help customers create and deliver.

Bloomberg

Bloomberg is the global leader in business and financial data, news and insight. They connect the world's decision makers to accurate information on the financial markets.

Commonwealth Bank

Commonwealth Bank is Australia's leading provider of integrated financial services. Commonwealth Bank offers personal banking, business solutions, institutional banking, company information and more.

Credit Suisse

Credit Suisse is a leading global wealth manager with strong investment banking capabilities, serving clients with care and entrepreneurial spirit.

Crescent Capital Partners

Crescent Capital Partners is a leading Australian private equity firm. They have a diverse portfolio across healthcare, industrial, financial services, technology, education and consumer brands.

E-Lead

E-Lead is a program-developing organisation devoted to developing and enhancing the capabilities, aspirations and impact of future leaders for active global leadership.

Goldman Sachs

Goldman Sachs is a leading global investment banking, securities and investment management firm that provides a wide range of financial services.

Houlihan Lokey

Houlihan Lokey has been named the No. 1 investment bank in its class for the past 10 years, with expertise in a wide array of strategic advisory services.

ICA Partners

ICA Partners is one of Australia's leading boutique advisory firms. They have carved a niche as experts in the infrastructure, energy and natural resources sectors advising ASX100 companies to governments.

J.P Morgan

J.P. Morgan is a global leader in financial services offering solutions to the world's most important corporations, governments and institutions.

Macquarie Group

Macquarie Group are a diversified financial group providing clients with asset management and finance, banking, advisory and risk and capital solutions.

OC&C Strategy Consultants

OC&C Strategy Consultants help top management of major multinational corporations and leading national companies as well as private equity firms to assist in top-quality specialised services.

Optiver

Optiver is a proprietary trading firm and market maker for various exchange-listed financial instruments.

Pinnacle Investment Management

Pinnacle Investment Management is a global multi-affiliate investment management firm, providing the optimal environment for leading asset managers to deliver investment excellence.

UBS

UBS, with four interdependent divisions, operate across the globe. They are the world's largest true global wealth manager. They aim to reimagine the power of investing and are connecting people for a better world.



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