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What do you wish you'd known when you began your career?

Before making any career move such as changing roles or companies, seek wise counsel and think about why you want to make that change at least two to three times before doing so.

What is the most useful and unexpected skill you've learned?

Recognize and understand the feelings your audience will have after you leave the room, as it will influence your behavior during your interaction.

What's the one thing you always do to prepare for a new challenge?

Listen and collect as much information as possible.

Which habit or behavior do you think young people entering the workforce should have?

Remember that life is a very public fishbowl now more than ever. Everything you do and say has the potential to be on social media forever.

Is the #metoo movement having an effect on your profession?

At Kellogg, we are ahead of the industry curve, but are not resting on our laurels. There is more work to do and we are committed to doing it by accelerating our gender equity progress to increase our female representation across all areas of the business and are firmly committed to diversity and inclusion. We aim to have a workforce that, at all levels, reflects the vast diversity of our consumer base, and we want every employee to feel they can be real and authentic.

What do you do to relax, unwind and recharge?

I have two passions in life; traveling and outdoor building projects. I like to visit somewhere new at least twice a year and am currently up to 102 countries. I have totally renovated my entire backyard by completing an outdoor kitchen, decks and walls!