

Media round-up: 4th January 2024

Signposting to Women's Aid

- **Hello Magazine** - [I'm a former Olympian and this is how to reset your career path: Michelle Griffith Robinson, a former Team GB athlete turned life coach, shares her three top tips for switching up your career](#)

VAWG news

- **The Guardian** - [Carol Vorderman hits out at Shaun Bailey's 'sexist' comments about her](#)

Social Media Update

Facebook:

- [Run for Charity](#) (6 likes, 1,129 people reached)