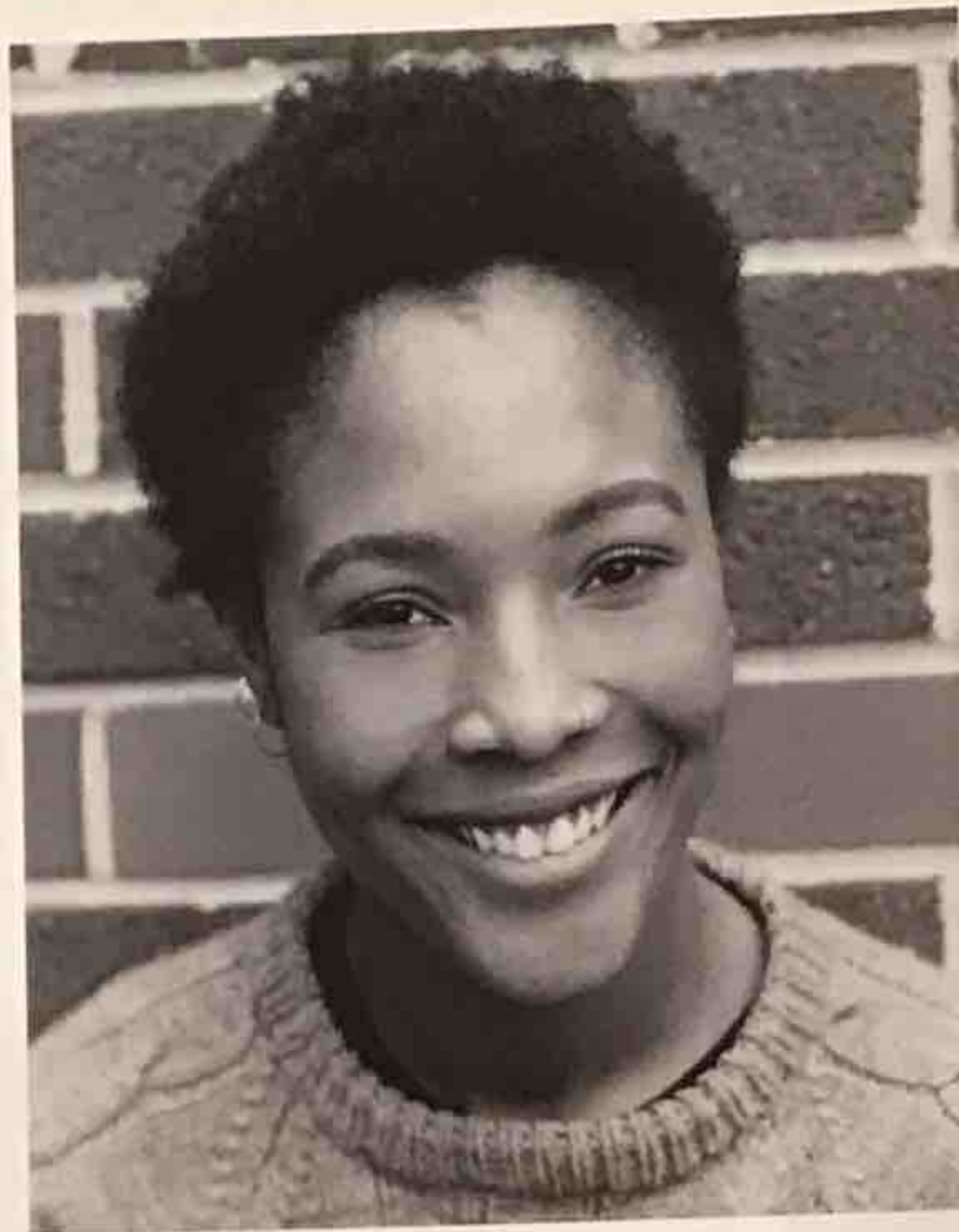
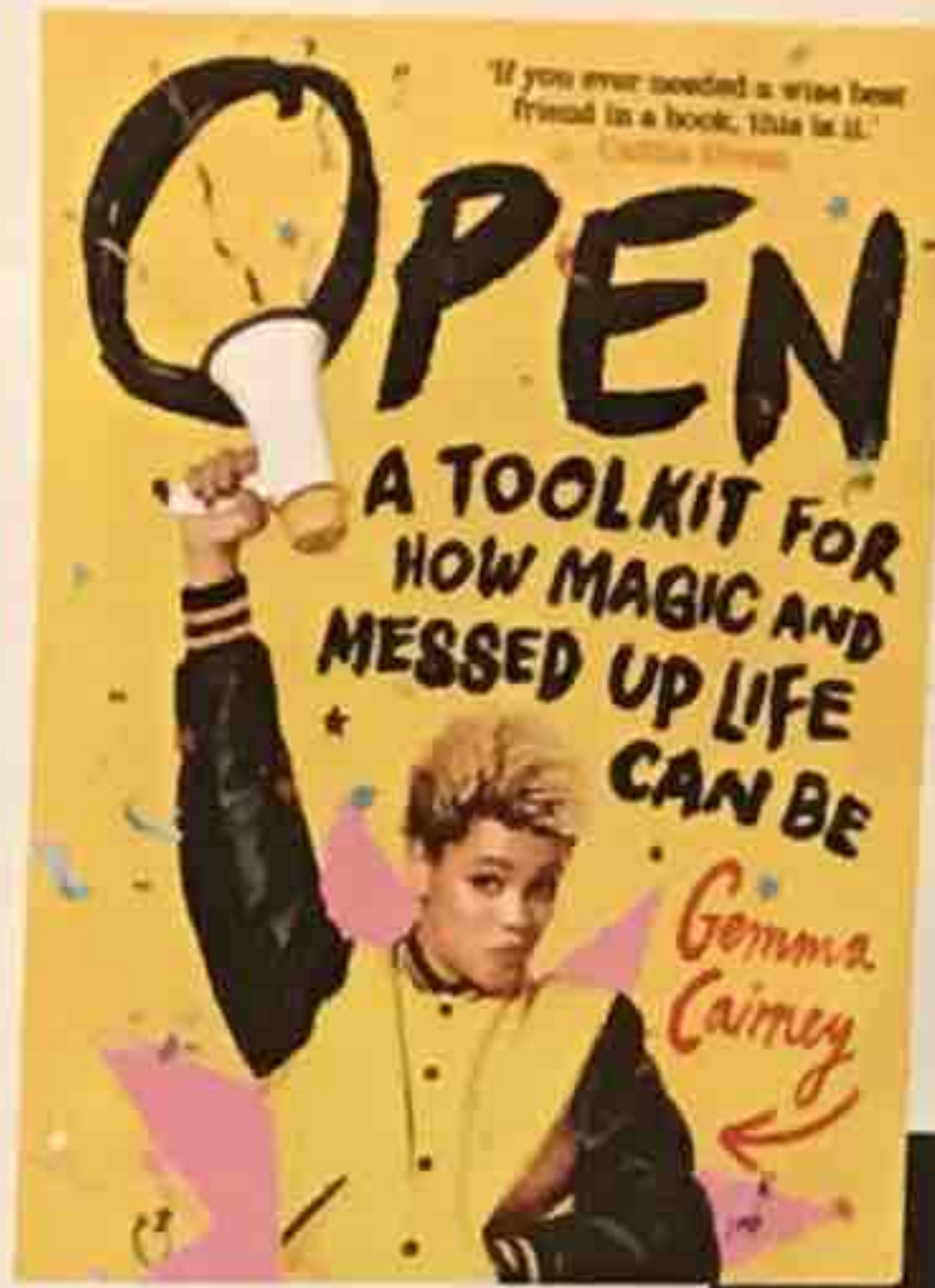


**GEMMA CAIRNEY,**  
Radio presenter

The always funny and bubbly Radio 1 presenter is releasing her first ever book, *Open: A Toolkit for How Magic and Messed Up Life Can Be*. It's an autobiography and self help book all rolled into one. As she recounts her life experiences she offers great life advice from friendship and body image to careers, it's a great read especially for young women.

Out 9th March, £7, Macmillan books



**LIV LITTLE,**  
Founder of Gal-dem

You may not have heard her name but you've probably heard of Gal-dem a creative online magazine and occasionally a print publication, by a group of around 50 women of colour, started by Liv Little whilst at university. They tackle a variety of issues from a wide range of perspectives, but are particularly resonant with millennial women of colour. Late last year they hosted a take over of the Victoria and Albert Museum's Friday Late event, and it was such a resounding success that they hosted another last month with a schedule of free events over a weekend. Gal-dem is more than just an online platform, it truly is a collective and it feels as if all of us are invited.

[Gal-dem.com](http://Gal-dem.com)



**JULIE ADENUGA,** Radio DJ

Is another radio DJ making strides. Currently she is one of three lead DJs on Beats 1, which is the global radio for Apple Music. Aside from hanging out with your favourite musicians, last month she was named as part of Forbes 30 under 30 list. [Julieadenuga.com](http://Julieadenuga.com)

**PANDORA CHRISTIE,**  
Presenter and DJ

Pandora is a rising star, a favourite for voice overs and a leading female DJ on Capital FM for three years, last year she became the first DJ to make the switch when she joined rival station KISS FM. She now fronts popular show KISSTORY. Young women of colour seem to be doing well in British radio with Clara Amfo, Adot all joining Pandora in this category of millennials working their magic over our airwaves.

Keep up with Pandora on Twitter at @pandoratweet



**MERCEDES BENSON,**  
Marketing Specialist, DJ, Event Promoter

Mercedes is truly, as she puts it, a 'renaissance girl'. No jack of all trades she is respected as a DJ, event promoter, marketing aficionado and style blogger. Regularly spinning tracks at industry events for brands like Adidas and Universal music. She's a social media manager at Google, and an expert at content creation. She has picked up the mantle of diversification bestowed upon this generation as a means to maintaining employability and turned it into something awe inspiring. Mercedes is able to exercise all of her passions as a "social media and music fanatic" to the benefit of her career. [mercedesfbenson.com](http://mercedesfbenson.com)

