



Hello, I am Superintendent Laura Marler and the Chair of the Cheshire Women in Policing.

I recently took over as Chair, having been a thematic lead one of the smaller themed groups within the network. I have always been involved one way or another in supporting and helping others. That's been through mentoring, coaching or just being there and helping to offer words of encouragement and advice to others.

I've been fortunate to work in two forces and have worked in many roles and ranks along the way. Learning at every stage and corner I have turned! I joined Greater Manchester Police in 1998 and after 19yrs service, I transferred to Cheshire Police. I wanted a new challenge and to push myself further by working in a new force, new people, new area and forming new partnerships.

I really enjoy being part of the network and helping to have useful discussions to shape ideas to make improvements on issues that affect women, both officers and staff, in policing. We have recently been looking at issues around Menopause, female fitness test and training, caring responsibilities which places demand on flexible working needs, part-time working.

Myself and colleagues have also helped colleagues across the force with mentoring, coaching and mock interviews to support those going through the processes for Sgt, Inspector, Chief Inspector and Superintendent ranks. The feedback we have had has been really positive, helping improved confidence and general positive wellbeing at what can be a very anxious time for people.