

The Tallest Poppy™

86.8%

Respondents across
103 countries experienced
Tall Poppy Syndrome **at work.**

Who is doing the cutting?

Men were reported **more likely to undermine** women due to their success.

How are women in the workplace being cut down?

77.0% Downplaying achievement

72.4% Being left out / Ignored

70.7% Being undermined

68.3% Dismissal of achievement

66.1% Others taking credit

Top drivers on why is this happening

77.5% Jealousy / Envy

74.0% Sexism / Gender Stereotypes

72.7% Lack of confidence / Insecurity

What is the impact?

85.6% Increased stress

73.8% Negative impact on mental health

66.2% Lower self-confidence

61.0% Burnout

Many respondents shared that they didn't know their experience had a name. **It has a name: Tall Poppy Syndrome.**

WOMEN OF INFLUENCE+



Half

of respondents who experienced Tall Poppy Syndrome outside of work said **friends were to blame.**

💰 Impacts the bottom line.

75% Respondents agreed that being tall popped **impacted their productivity at work** and **77.5%** said it **created a culture of distrust.**

⚠️ 60.5%

Respondents **believe they will be penalized** if they are perceived as ambitious at work.

It's not the war for top talent — it's retaining top talent.

67.8% of Tall Poppies looked for a new job/role and **50%** left their previous job/role.

Shhhhh.

When respondents shared their experience at work, **only one out of five (20.4%) were encouraged to take action.**



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