Breaking down your essay question into sub-questions (as below) can often be the basis of the plan/structure of your essay

Title

Critically evaluate how gender equality can be addressed in Science Technology, Engineering and Mathematics professions (2500 words)

Introduction (roughly 10% of wordcount – 200-250 words)

Main Body of Essay (2000 - 2100 words approximately)

- What does gender inequality look like in the STEM professions currently?
 (300 words)
 - Read and write about: Trends, patterns, 'levels' of inequality e.g. numbers of men in management compared with women
- Why are there fewer women employed in STEM professions? (500 words)
 Read and write about: Key reasons according to textbooks and research for levels of inequality
- Why is it important for more women to be employed in STEM professions?
 (300 words)
 - Read and write about: Focus on what research tells me about the contribution women can and have made to STEM profession...
- How have organisations aimed to effectively attract more women into STEM professions? (900 words)

Read and write about: Focus on research on approaches/strategies that have been introduced to attract more women into STEM professions e.g. MENTORING - organisational example... what is written about effectiveness and limitations of these approach...

Conclusion: (roughly 5-10% of word count – 150-250 words)

There's more information about how to write effective introductions and conclusions at this link

https://edshare.gcu.ac.uk/6329/1/Writing%20introductions%20and%20conclusions.pdf