



With shared sisterhood we'll increase performance and engagement in the workplace.

We women must be allies not competitors. By sharing contacts, innovation and information about the culture, strategy and politics of our workplace, we'll collectively achieve the advancement of women quicker."

Lorene Phillips

SPEAKER • AUTHOR • COACH • TRAINER



# SURVIVE & THRIVE

## *Every Professional Woman's Success List*

### ✓ **Create a Wellbeing Plan**

Build resilience and stave off career burnout by knowing what keeps you happy and do it. Buddy up with an accountability partner to help stay on track.

### ✓ **Self-Belief is Everything**

If you start to experience self-doubt or imposter syndrome, remind yourself of your past achievements and let that remind you of how awesome you really are!

### ✓ **Network More & Build Relationships**

Networking is about intentionally building deep connections, long before you need anything. Make this a priority and your career will grow in unexpected ways.

### ✓ **Master the Meeting!**

Your presentation skills and meeting presence in today's new hybrid workplace require new communication skills. Support your career goals and stand apart from others.

### ✓ **Know Your Top 3 Values**

Build a career aligned with what is most important to you. Know what you care about and check-in on that once a year, our needs can change with time.

### ✓ **Cultivate Professional Patience**

Success is not instant. Avoid comparing yourself to others.

### ✓ **Have a Career Plan**

You will have a better chance of getting what you want. Without a plan your career will drift or stagnate.

### ✓ **Know What You're Worth & Ask for It**

When negotiating for yourself be sure to thoroughly research the market rate, internally and externally. Know what your 'walk away' position is.

### ✓ **Executive Presence Begins on the Inside**

Being self-aware (not self-conscious) elevates your presence and you will feel and behave more powerful, no matter who you are talking to.

### ✓ **Be Strategic with Your Career**

Keep your head up so you can see strategic career moves when they arise. Keeping your head down doesn't serve you — it gets your job done but you'll be the best kept secret and therefore overlooked for promotion and opportunity.

### ✓ **Find a Support System**

When times are tough you don't have to go it alone.

### ✓ **Mentor Others**

It's a sure way to create a personal and professional legacy. Make it a priority because time flies.