



How to Thrive and Survive as a Working Woman

By Dent, Fiona E. / Holton, Viki

Condition: New. Publisher/Verlag: Bloomsbury Trade | The Coach-Yourself Toolkit | This practical, coach yourself toolkit will help women to reflect, analyse and plan strategies to take charge of their own career journey - taking readers from what they have achieved so far to how they can achieve their career dreams at any level. | For many women, a fulfilling and rewarding working life is often more important than achieving a high-flying career. By suggesting practical tools and techniques to help you reflect on, review and assess your needs, this book will enable you to plan for success and satisfaction in your working life. Although many work issues have improved considerably in recent decades, it is clear that women continue to face a range of challenges and barriers in the workplace, any of which can hamper their efforts to succeed. Based on new data from hundreds of surveys and interviews, How to Thrive and Survive as a Working Woman encompasses stories, examples, interviews, strategies and practical exercises. Both instructive and interactive, the book offers insights from the authors' own experience of coaching and working with women across many different sectors, jobs and levels. Focusing on key issues for development and career success, Fiona...



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