Women & Work: Taking Charge of Your Career Success

Books:
• Sara Lachever’s Ask For It: How Women Can Use the Power of Negotiation to Get What They Really Want
• Sheryl Sandberg’s Lean In: Women, Work, and the Will to Lead
• Brene Brown’s The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are

TED Talks:
• Sheryl Sandberg’s “Why We Have Too Few Women Leaders”
• Amy Cuddy’s “Your Body Language Shapes Who You Are”
• Brene Brown’s “The Power of Vulnerability” and “Listening to Shame”

Articles:
• 10 Findings about Women in the Workplace, http://www.pewsocialtrends.org/2013/12/11/10-findings-about-women-in-the-workplace/
• How Women Can Get Ahead: Advice From Female CEOs, http://online.wsj.com/news/articles/SB10001424052702303879604577410520511235252
• Emotional Intelligence (EQ): Key Skills for Raising Emotional Intelligence, http://www.helpguide.org/mental/eq5_raising_emotional_intelligence.htm

Websites:
• Networking: IC Mentoring Network on LinkedIn, IC Women’s Network on LinkedIn, Alumni Directory
• Salary research: payscale.com, salary.com, glassdoor.com
• Company research: glassdoor.com, CareerShift (accessed through iCareers—www.ithaca.edu/icareers)
• Financial literacy & finance management: http://wiseupwomen.tamu.edu/, mint.com

Get Assistance in Career Services with:
• Salary and other professional negotiation conversation preparation
• Professional confidence building ideas
• Networking resources, strategies, and events
• Finding, reaching out to, maintaining relationships with mentors

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