

Asking A Woman For Feedback

Counselling for Maternal and Newborn Health Care World Health Organization 2010 The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. Counselling for Maternal and Newborn Health Care is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labor; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

The Professional Woman's Guide to Giving Feedback Katie Botten 2014-03

Women and Drinking: Preventing Alcohol-Exposed Pregnancies Mary Marden Velasquez 2016-12-19 An essential resource for anyone providing help or services to women at risk for alcohol-exposed pregnancies. Drinking during pregnancy can cause a range of disabilities that have lifelong effects yet are 100% preventable. A variety of brief motivational behavioral interventions developed for nonpregnant women of childbearing age can effectively prevent alcohol-exposed pregnancies (AEP). This book outlines clinical definitions and the history of Fetal Alcohol Spectrum Disorders (FASD), epidemiology and effects across the lifespan, evidence-based prevention practices such as CHOICES and CHOICES-like interventions, and opportunities for dissemination. Based on decades of scientific research and clinical refinement, this volume is packed with helpful illustrative case vignettes, therapist-patient dialogues, sample forms, and handouts. The information and resources presented will help a wide variety of practitioners in diverse settings, ranging from high-risk settings such as mental health and substance abuse treatment centers to primary care clinics and universities, deliver interventions targeting behavior change.

Psychology of Gender Vicki S. Helgeson 2016-07-07 Noted for its fair and equal coverage of men and women, this book reviews the research and issues surrounding gender from multiple perspectives including psychology, sociology, anthropology, and public health, with an emphasis on the interaction between biological and social theories. The implications of social roles, status, and gender-related traits on relationships and health that are central to students' daily lives are emphasized throughout. Students learn how to distinguish the similarities and differences between the sexes and the theories that explain the differences. Methodological flaws that may impact the observance of sex differences are also examined. Learning activities and pedagogical tools included in the text: Do Gender exercises which provide an opportunity to test hypotheses and explore data Sidebars on special interest topics and numerous visuals that bring the studies to life Take Home Points that summarize key concepts in bulleted format Boldfaced key terms and definitions, chapter summaries, discussion questions, and suggested readings which help students review the material New to the 5th Edition: Expanded sections on cohabitation, homosexuality, online relationships, social media influences, single-sex classrooms, sex differences in math abilities, and gender implications of divorce on health Expanded coverage of gender and parenting, gender and the workplace, gender and power, and balancing work and family An expanded intersectional approach that highlights how gender is connected to social class, race, and ethnicity, including more coverage of gender system justification theory Coverage of transgender issues including recent changes in the DSM guidelines Streamlined discussions to further engage students to think about gender issues A companion website at www.routledge.com/cw/Helgeson where instructors will find Power Point slides, multiple choice quizzes, and short answer questions with suggested answers for each chapter; and students will find flashcards of key terms, chapter outlines, and links to related websites and further reading Divided into three parts, each section builds on the previous one. First, gender and the development of gender roles across cultures are introduced. Scientific methods used to study gender, attitudes toward gender, and the latest data and theories on sex differences in cognitive, social, and emotional domains are then introduced. Theories of gender-role development, including evolutionary, social learning, social role, and gender schema theories are reviewed along with the implications of gender on achievement. Part one reviews the key information on the similarities and differences between the sexes and the theories that explain the differences which lay the foundation for the remainder of the book. Part two examines the role of gender in relationships including communication styles and the impact of these interactions on friendship and romantic relationships. The third part examines the role of gender on physical and mental health. The effects of marriage and parenting on health are reviewed, including domestic abuse, along with how gender affects the association between work and health. This is an ideal text for upper level gender-focused courses including the psychology of gender, psychology of women or men, gender issues, and gender, women's, or men's studies taught in psychology, women's studies, gender studies, sociology, and anthropology.

Radical Candor Kim Scott 2017-03-23 Featuring a new preface, afterword and Radically Candid Performance Review Bonus Chapter, the fully revised & updated edition of *Radical Candor* is packed with even more guidance to help you improve your relationships at work. 'Reading *Radical Candor* will help you build, lead, and inspire teams to do the best work of their lives.' - Sheryl Sandberg, author of *Lean In*. If you don't have anything nice to say then don't say anything at all . . . right? While this advice may work for home life, as Kim Scott has seen first hand, it is a disaster when adopted by managers in the work place. Scott earned her stripes as a highly successful manager at Google before moving to Apple where she developed a class on optimal management. *Radical Candor* draws directly on her experiences at these cutting edge companies to reveal a new approach to effective management that delivers huge success by inspiring teams to work better together by embracing fierce conversations. *Radical Candor* is the sweet spot between managers who are obnoxiously aggressive on the one side and ruinously empathetic on the other. It is about providing guidance, which involves a mix of praise as well as criticism - delivered to produce better results and help your employees develop their skills and increase success. Great bosses have a strong relationship with their employees, and Scott has identified three simple principles for building better relationships with your employees: make it personal, get stuff done, and understand why it matters. *Radical Candor* offers a guide to those bewildered or exhausted by management, written for bosses and those who manage bosses. Drawing on years of first-hand experience, and distilled clearly to give practical advice to the reader, *Radical Candor* shows you how to be successful while retaining your integrity and humanity. *Radical Candor* is the perfect handbook for those who are looking to find meaning in their job and create an environment where people love both their work and their colleagues, and are motivated to strive to ever greater success.

Self-Esteem Across the Lifespan Mary H. Guindon 2009-10-27 As long as clinicians write "increase self-esteem" on treatment plans without knowing precisely what that means, there is a need for information on the construct of self-esteem and how its many components can have an effect on outcomes. This text defines self-esteem, describes its history and evolution, discusses its controversies, and presents information on intervention strategies that can make a difference when it receives clinical attention. Principles and concepts are applied to various clinical concerns faced by clients in each of the five developmental life stages: childhood, adolescence, young adulthood, midlife, and late life. Book chapters discuss a variety of specific issues- such as child trauma and abuse, ADHD, body image and eating disorders, at-risk adolescents, African American youth, sexuality in young adulthood, alcohol and other drugs issues, lesbians and gay men at midlife, career development, intergenerational conflict in Asian Americans, and loss in late life - and offer detailed

strategies for the development and enhancement of self-esteem. Also included is an example of an 8-week self-esteem enhancement program.

Supporting Children and Families Mark Avis 2007-12-15 Supporting Children and Families gathers together the lessons learned from perhaps the largest scale social experiment ever undertaken in England - Sure Start, the programme designed to improve the emotional development, health and education of children. It boils down the huge amount of knowledge and experience generated by the Sure Start programmes and local evaluation studies, with chapters encompassing child development and healthcare, partnership working with existing local services, parental employment and supporting families with young children, reaching out to marginalised groups and strengthening communities. In addition to summarizing the findings of numerous innovative projects, contributors draw on their experiences of the successes and challenges to offer advice for those engaged in current and future practice. Each chapter concludes with 'three lessons for Children's Centres'. With its strong focus on practice implications, this book is indispensable reading for practitioners working in health, social and educational services for children and families, as well as students or researchers, and policymakers in these fields.

The Gender and Rural Advisory Services Assessment Tool Food and Agriculture Organization of the United Nations 2019-02-21 FAO's Gender and Rural Advisory Services Assessment Tool (GRAST) is designed to support providers of rural advisory services in their efforts to develop gender-sensitive programmes. By undertaking a gender assessment of rural advisory services at policy, organizational and individual levels, GRAST provides entry points for improving the gender-responsiveness of the design and delivery of advisory services in a truly transformative manner. Its ultimate objective is to ensure that rural advisory services respond to the needs and priorities of both rural women and men and that, as a consequence, they can equally access to and benefit from these services.

Women, a Documentary of Progress During the Administration of Jimmy Carter, 1977 to 1981 1981

The Young Woman Lorraine Dennerstein 1983

A training of trainers manual to develop capacities in gender sensitive rural advisory services Food and Agriculture Organization of the United Nations 2017-01-01 This manual provides guidance for organizing and facilitating training of trainers in gender-sensitive rural advisory services design and delivery. It has been developed as part of the FAO project "Capacity Development Support to Rural Women on the Socio-economic and Gender Aspects of Sustainable Rural Development", which was implemented in Turkey and Azerbaijan, in 2014-16. The project was realized under the FAO-Turkey Partnership Programme and financed by the Government of Turkey. The manual is based on the pilot trainings carried out in Turkey and Azerbaijan and is intended to help meet the needs for training guidelines specifically designed for strengthening the gender sensitivity of rural advisory services. The guidelines are developed to be applied not just to one country situation, but for easy adaptation and use in strengthening advisory services globally. The manual content is organized into three main sections. Section 1 introduces the manual, section 2 provides detailed guidelines for all stages of a workshop design and preparation and section 3 is a step by step programme for delivery of a four day workshop. A final section of annexes includes sample training materials, sample slide presentations and notes for use in workshop delivery, a glossary of gender related terminology, and useful references and resource material on gender and agriculture.

HBR Guide for Women at Work (HBR Guide Series) Harvard Business Review 2018-10-23 Make your career what you want it to be. Women regularly face unfair challenges in the workplace--from being passed over for promotion to being ignored in conversation. Unconscious bias and negative assumptions are working against them. As a woman, how can you break through these barriers and get what you want from your career? The HBR Guide for Women at Work will help you identify and overcome the factors that are holding you back. It provides practical tips and advice so you can face gender stereotypes head-on, make yourself visible when opportunities arise, and demonstrate your leadership skills. You'll learn to: Speak up in meetings in a way that ensures your ideas will be heard. Wield influence by building the right relationships. Advocate for yourself--and for what you want. Align yourself with mentors and sponsors to support your growth. Show passion without being perceived as "too emotional". Create your unique vision as a leader.

Treatment Protocols for Language Disorders in Children, Volume II Hegde, M.N. 2005-11-01 Contains protocols for basic language skills most children with language disorder need to be taught in the initial stages of treatment. The protocols give scripted scenarios for teaching most of the bound morphemes of English that children with language disorder typically lack. These include: basic words; regular and irregular plurals; possessive; present progressive; prepositions; pronouns; auxiliaries and copula; regular and irregular past tense; articles; conjunctions; adverbs; regular third person singular. For each target skill, 20 exemplars are available for the clinician to base rate, treat, and probe for generalized production. Most children can be advanced to relatively complex social communication skill level training only when they have mastered the basic morphologic features.

Eldercare Strategies 2003 Write better, more complete care plans and improve the special care provided to older adults by exploring the insights and up-to-date, practical information that fills this hands-on reference. Investigate 60 disorders, organized by body system, covering both acute and chronic health problems, and learn the proper interventions through clear rationales. Care plans include description of the disorder, etiology, assessment findings, diagnostic test findings, and potential complications. Also includes an overview of the physiological changes in older patients, as well as special techniques for obtaining a history and performing a physical examination, collaborative problems, discharge planning, and patient teaching. Compatibility: BlackBerry(R) OS 4.1 or Higher / iPhone/iPod Touch 2.0 or Higher / Palm OS 3.5 or higher / Palm Pre Classic / Symbian S60, 3rd edition (Nokia) / Windows Mobile(TM) Pocket PC (all versions) / Windows Mobile Smartphone / Windows 98SE/2000/ME/XP/Vista/Tablet PC

Self-Insight David Dunning 2012-10-12 People base thousands of choices across a lifetime on the views they hold of their skill and moral character, yet a growing body of research in psychology shows that such self-views are often misguided or misinformed. Anyone who has dealt with others in the classroom, in the workplace, in the medical office, or on the therapist's couch has probably experienced people whose opinions of themselves depart from the objectively possible. This book outlines some of the common errors that people make when they evaluate themselves. It also describes the many psychological barriers - some that people build by their own hand - that prevent individuals from achieving self-insight about their ability and character. The first section of the book focuses on mistaken views of competence, and explores why people often remain blissfully unaware of their incompetence and personality flaws. The second section focuses on faulty views of character, and explores why people tend to perceive they are more unique and special than they really are, why people tend to possess inflated opinions of their moral fiber that are not matched by their deeds, and why people fail to anticipate the impact that emotions have on their choices and actions. The book will be of great interest to students and researchers in social, personality, and cognitive psychology, but, through the accessibility of its writing style, it will also appeal to those outside of academic psychology with an interest in the psychological processes that lead to our self-insight.

The Coach's Guide for Women Professors Rena Seltzer 2023-07-03 If you find yourself thinking or saying any of the following, this is a book you need to pick up. I know or suspect that I am underpaid, but I hate negotiating. I do everything else first and then write in the time left over. I'm not sure exactly what the promotion requirements are in my department. Since earning tenure, my service load has increased and my research is suffering. I don't get enough time with my family. This is a practical guide for women in academe - whether adjuncts, professors or administrators - who often encounter barriers and hostility, especially women of color, and generally carry a heavier load of service, as well as household and care responsibilities, than their male colleagues. Rena Seltzer, a respected life coach and trainer who has worked with women professors and academic leaders for many years, offers succinct advice on how you can prioritize the multiplicity of demands on your life, negotiate better, create support networks, and move your career forward. Using telling but disguised vignettes of the experiences of women she has mentored, Rena Seltzer offers insights and strategies for managing the situations that all women face - such as challenges to their authority - while also paying attention to how they often play out differently for Latinas, Black and Asian women. She covers issues that arise from early career to senior administrator positions. This is a book you can read cover to cover

or dip into as you encounter concerns about time management; your authority and influence; work/life balance; problems with teaching; leadership; negotiating better; finding time to write; developing your networks and social support; or navigating tenure and promotion and your career beyond.

Perspectives on Women's Higher Education Leadership from around the World Karen Jones 2018-10-30 This book is a printed edition of the Special Issue "Perspectives on Women's Higher Education Leadership from around the World" that was published in Administrative Sciences

Women at Work Dayle M. Smith 2000 Focusing on equality in the workplace, this informative and empowering study offers a candid examination of women and the barriers they face as they enter the 21st century workforce environment, highlighting the challenges organizations and their employees face as well as offer new directions women can look to in managing their success. Offers valuable insight and expertise from a wide range of contributing authors, providing readers with a foundation for exploring the "glass ceiling," analyzing women's experiences in the workplace, and identifying strategies for managing successful career. Addresses many pertinent issues, including gender and communication; the experience of women of color; dysempowerment in organizations; the legal system and discrimination laws; career path obstacles; the trend of international women managers; what women entrepreneurs must know; professional women as changing agents, and much more. Begins each section with interviews from some of today's most powerful and inspiring women leaders who share how they "broke through" and found success. For professionals in management and business.

Women's Rites of Passage Abigail Brenner 2007 Women's Rites of Passage grew out of Abigail Brenner's desire to answer some fundamental questions about the role of rites of passage in contemporary women's lives. Relying on a research study involving over 50 women, Brenner shows how women today understand the need to take responsibility for their lives and for directing their own paths, and are beginning to do so by creating their own very personal rites of passage.

The Influence Effect Kathryn Heath 2017-11-06 Packed with the authors' coaching insights and their Big Five strategies designed specifically for female executives, this engaging book guides women to break past political barriers and get right to what they really want-influence. --

Who Could We Ask? Lee D. Kassan 2007-05-23 Leading gestalt therapist Michael Kriegsfeld led therapy groups around the world. Gestalt therapy focuses on conflicts between aspects of the self, and the attempt by patients to avoid responsibility for their choices and behavior. When Kriegsfeld died suddenly in 1992, he left 170 three-hour-long videotapes of his work with groups in the United States and Europe. Through excerpts from these tapes, author Lee Kassan provides examples of Kriegsfeld's methods that will be of use to every therapist regardless of his or her field. Divided into five main sections, Who Could We Ask? The Gestalt Therapy of Michael Kriegsfeld delivers a revealing, personal portrait of Kriegsfeld. Kassan explains Kriegsfeld's theory of the gestalt model as an alternative to the medical model that dominates the therapy field today. Kassan brilliantly illustrates and explains the procedures that Kriegsfeld used in gestalt therapy. Informative and intimate, Who Could We Ask? is a rare glimpse of a master therapist at work.

The Leadership Trajectory Patricia S. Yoder-Wise 2020-08-16 Designed to help you excel at every stage of your leadership path, this unique and practical text is organized around a nursing and health care leadership trajectory of three core areas — The Strategies, The Personal, and The Environment. The Strategies covers necessary actions that you need to take to become more influential in any environment to move yourself and your people to greater contributions. The Personal relates to the concepts that you must develop and hone to increase your influence. The Environment reinforces how you can exercise the strategies and personal factors in this leadership model through assessing the situations in which you find yourself. Reflection questions in each chapter emphasize the importance of the process being discussed as a strategy for growth and to facilitate active reading. LL Alert! boxes cite examples of actions and statements to avoid. LL Lineup summaries at the end of each chapter help you create an action plan related to the chapter topic. Practical approach features straightforward, concise content that addresses only the most relevant information on the subject of each chapter. The Strategies covers necessary actions that you need to take to become more influential in any environment to move yourself and your people to greater contributions. The Personal relates to the concepts that you must develop and hone to increase your influence. The Environment reinforces how you can exercise the strategies and personal factors in this model through assessing the situations in which you find yourself.

Confidence & Assertiveness Skills for Women Janis Bryans Psy.D Are you tired of feeling empty inside? You would desperately love to express yourself and be appreciated by others, but always find that there something preventing you? Do you want to be more confident? Have you ever struggled with self-confidence? Would you like to know how to be an assertive person without appearing to be rude? We women have particular difficulties in developing self-confidence. We instinctively focus on everyone except ourselves. So, spending time on personal development does not come naturally to us. Girls are often encouraged to be passive and not too bold or confident. After all, we don't want to threaten all those guys out there! We turn on the television or read the newspaper and we are bombarded with examples of women with great self-confidence. They have a kind of boldness that we can't quite put together. Madame Curie, Valentina Tereshkova, Sandra Day O'Connor and Jackie Joyner-Kersey are just a few examples. Years of working with women who dealt with self-esteem and confidence issues went into writing this book. Have you ever heard of the inner voice? You could always ask yourself these questions: - "Why would anyone be interested in me?" - "Am I not worthy?" - "Am I just not up to it?" - "...but do you love me enough?" - "What am I wrong about?" - "What if s/he leaves me?" - "Am I a disaster?" - "Can I live without him/her?" If, however, you do not face up to such problems, you will carry their negative influence with you, leading to unwanted and repetitive situations with which you are all too familiar. What if I told you there is a way to silence this little voice? I want to tell you a little secret: YOU ARE worthy of love. You deserve respect, a special person who loves you, a person to grow old with and share the obstacles and triumphs of life. To achieve this happy ending, however, you need to nip your fears in the bud right now. Here is a brief taste of what you will learn: - How self-esteem works and how it can change the world. - How to heal the wounds of attachment and manage emotions. - Overcoming the fear of abandonment and the unknown. - Handling body shaming, feeling inferior and guilt. - Assertive communication techniques to create healthy boundaries. - How to build deep connections with others. - How to feed your dreams with achievable goals. - And much more. This book is written for YOU. The information it provides is meant to be helpful in a kind, loving tone. I will not put you down, nor make you feel like your experiences are your fault. If you are ready to develop a strong, bold and confident sense of yourself, embrace your unique brain-based differences, and cultivate your individual strengths, this step-by-step manual will help guide you along the way. Behind every woman there is immense potential. Unlock it now!

Women in anti-doping sciences & integrity in sport: 2021/22 Andrea Petroczi 2023-07-31

Women Who Don't Wait in Line Reshma Saujani 2013 The founder of Girls Who Code, a nonprofit that prepares underserved girls for careers in science and technology, charts the paths of accomplished women and encourages all women to take risks, embrace failure, compete and build support through a 21st-century sisterhood. 30,000 first printing.

The Myth of Women's Masochism Paula J. Caplan 2005 "Finally, a definitive study that debunks one of Freud's most damaging myths--that women are inherently masochistic--...offers healthier ways...to view female behavior." MS. Magazine "Concrete, convincing...sensible...revolutionary, calling for nothing short of a revision in our thinking about women..." Philadelphia Inquirer "...not a quick-fix pop psychology do-it-yourselfer but a thoughtful examination of a persistent, self-defeating myth." Chicago Tribune "...outstanding scholarly debunking of [an] extremely damaging cultural belief...it contains valuable lessons for...the mental health professions." Readings "So convincing are her arguments...that often one is left wondering how on earth such theories could ever have been taken seriously." Morning Star, London

Women Rock Science Megan A. Moreno 2019-03-25 There has never been a better time to for a handbook focused on women in science. In May 2016, the American Association for the Advancement of Science posted an article titled "We need to do more for women in science." This book describes the importance of carving out spaces for women in science and includes the unique strengths of women scientists as well as challenges they

tend to face. Studies of women leadership consistently illustrate that women demonstrate strengths in leadership across communities and have skills in bringing together groups towards a common goal. The role of women in context is an important one in science, but has not been the focus of previous texts about careers in science or medicine. This first of its kind book develops an understanding of research careers occurring within a greater community of colleagues and academicians as well as the fact that women themselves lead within a group, a community, and a context. The book focuses on women who are pursuing research careers in academic medicine with specific emphasis on women in science and research as well as lessons learned from fellow female scientists. It also provides key strategies and skills centered on the social ecological model as well as a sense of community with other women scientists. The book is organized thematically using the social ecological model as a framework in which we all live and complete our work. Women Rock Science is a valuable resource that can be used in a variety of settings. It is beneficial for University classes as well as lab group meetings. It also places an emphasis on community and can be shared with one's community of mentors, mentees and colleagues.

The Guyde Howie Reith 2016-11-19 The Guyde is the most comprehensive men's dating and self-improvement book ever written, designed to be everything you need to transform into the most confident version of yourself. There are no lines or routines; instead you'll find exercises and information to improve your self-esteem, social skills, and other elements integral to social success. Everything in these pages is backed with scientific evidence, and when I say scientific evidence, I mean cited peer-reviewed literature, not pop evolutionary psychology or the "law of attraction." You won't be reading anecdotes telling you about my "successes" or opinions; you'll be learning the practical steps necessary for the specific changes you want to manifest in your life. The Guyde is divided into four sections: Part I - Psychology Part I focuses on the internal elements of social interaction. How do you overcome your toxic self-limiting beliefs that keep you from being authentic with people? How do you overcome your fears? How can you stay motivated to make your changes? You will learn clinically effective approaches to all of these and more. Part II - Social Skills For many men, the biggest barrier between themselves and social success is a lack of social skills and awareness. In Part II, you'll learn how to shore up this weakness. You will learn how to listen, banter, share stories, and assert yourself with others. You'll learn how to improve your body language and vocal tonality to project confidence and charisma. Part III - Physical Attractiveness Part III will teach you how to improve your physical features. The first two chapters detail the most clinically effective approaches to diet and exercise. We'll also discuss the basics of fashion and how to dress to impress. Master Part III, and when you go out, you will turn heads. Part IV - Dating The final portion of The Guyde deals with dating, in this version, in a heterosexual male context. You'll learn the best places to meet potential dates, how to flirt, and how to ask someone out. You'll learn how to plan brag-worthy romantic evenings and how to address problems like rude cancellations and "ghosting." You'll learn how to interact physically while being sensitive to your date's wishes, as well as how to perform better in bed. You'll learn why relationships fail and how to avoid the pitfalls most couples fall into, and you'll come to understand a bit about what it's like to date from a woman's perspective, including many of the cultural factors they face that most men don't understand. The Guyde is a labor of love. I wrote it to be everything I wish I'd known when I was younger, the sorts of things that turned my life around for the better. I hope it does the same for you.

The Art of Asking Amanda Palmer 2014-11-11 Rock star, crowdfunding pioneer, and TED speaker Amanda Palmer knows all about asking. Performing as a living statue in a wedding dress, she wordlessly asked thousands of passersby for their dollars. When she became a singer, songwriter, and musician, she was not afraid to ask her audience to support her as she surfed the crowd (and slept on their couches while touring). And when she left her record label to strike out on her own, she asked her fans to support her in making an album, leading to the world's most successful music Kickstarter. Even while Amanda is both celebrated and attacked for her fearlessness in asking for help, she finds that there are important things she cannot ask for-as a musician, as a friend, and as a wife. She learns that she isn't alone in this, that so many people are afraid to ask for help, and it paralyzes their lives and relationships. In this groundbreaking book, she explores these barriers in her own life and in the lives of those around her, and discovers the emotional, philosophical, and practical aspects of The Art of Asking. Part manifesto, part revelation, this is the story of an artist struggling with the new rules of exchange in the twenty-first century, both on and off the Internet. The Art of Asking will inspire readers to rethink their own ideas about asking, giving, art, and love.

Women's Studies: The Basics 2013-02-11 Women's Studies: The Basics is an accessible introduction into the ever expanding and increasingly relevant field of studies focused on women. Tracing the history of the discipline from its origins, this text sets out the main agendas of women's studies and feminism, exploring the global development of the subject over time, and highlighting its relevance in the contemporary world. Reflecting the diversity of the field, core themes include: the interdisciplinary nature of women's studies core feminist theories and the feminist agenda issues of intersectionality: women, race, class and gender women, sexuality and the body global perspectives on the study of women the relationship between women's studies and gender studies. Providing a firm foundation for all those new to the subject, this book is valuable reading for undergraduates and postgraduates majoring in women's studies and gender studies, and all those in related disciplines seeking a helpful overview for women-centred, subject specific courses.

Vault Guide to Conquering Corporate America for Women and Minorities Patricia Kao 2003 Featuring tips and firsthand experiences from dozens of professional women and minorities, this first-of-its-kind Vault guide offers expert advice on succeeding in the corporate world.

Treatment Services for Drug Dependent Women 1981

Unwritten Rules. What Women Need To Know About Leading In Today's Organizations

The Radical Imagination of Black Women Pearl K. Ford Dowe 2023-09-12 "The Radical Imagination of Black Women: Ambition, Politics and Power explores how elite Black women decide to seek political office. Despite their marginalized existence Black women engage in a robust political participation that includes seeking elected office. Utilizing interviews of Black women who currently or have served in office and focus group data of Black women, the manuscript bridges the literatures of ambition theory and marginalization through a theory I refer to a "ambition on the margins". Black women's resistance to marginalization informs us about the conditions that shape Black women and their political socialization, while ambition theory helps us understand what they do in response to marginalization. The socialization process fosters the decision-making process of Black women. This framework moves the extant literature beyond the premise that the political ambition of Black women is less than White women or men. Political science's approach to ambition negates and disregards mechanisms beyond voting that Black women often engage in such as doing political work through community and civic organizations. That data provided from interviews reveal the complex dynamics that contribute to the nuanced process that Black women emerge as candidates and engage as politicians"--

Choices, A Program for Women about Choosing Healthy Behaviors, Counselor Manual, August 2011 2012

I Wish I'd Known This Brenda Wensil 2022-08-16 Uncover the six blind spots that derail women's career paths and learn strategies to effectively overcome them for an impactful, sustainable career. Professional women are subject to blind spots-obstacles that can minimize career potential, impact, or advancement. Some women end up drifting instead of driving through their careers, going it alone instead of building a posse, and leaving their reputationality (that special something we are known for) to chance. Authors and executive coaches Brenda Wensil and Kathryn Heath have spent decades coaching more than 800 women and working with women executives, middle managers, and professionals across industries and age groups. In this book, they outline six challenges women commonly face on their professional journeys and map a way to accelerate through them for higher-impact careers. Readers will learn how to Set a vision, strategy, and plan for their careers Learn who they are, what they offer, and how to tell their stories Seek and act on feedback to guide their paths Prepare and practice for the best outcomes Enlist help and support from others Effective women leaders inspire innovation, sustain profitability, manage risk, and create environments for inclusion and diversity to increase. Chock full of strategies, stories, and practical skills, this book will hasten a woman's progress and impact as a professional woman and liberate her to excel in her career on her own terms.

The Leader's Edge Susan Hodgkinson 2005 "The Leader's Edge is a must read for aspiring entrepreneurs and executives. Susan Hodgkinson has done what most management consultants and scholars are unable to do. She has written a book consistent with the best research on impression management, social networks and executive development without the jargon. The Leader's Edge provides keen insights and actionable prescriptions for creating a personal brand. The 5 P's framework is the most useful I have found for analyzing and taking action to maximize how others will value your potential to contribute and be willing to invest in it. "Every aspiring professional of color needs to read this book. Susan Hodgkinson writes with sensitivity to the challenges racial minorities often face in large corporations. Her advice is part and parcel of the tools one needs to be liberated from the self-limiting and defensive approaches minorities often take to being undervalued in their places of work. This book is about power and taking control of one's own destiny." --David Thomas, Professor of Organization Behavior, Harvard Business School, and Author of Breaking Through, The Making of Minority Executives in Corporate America "Sue Hodgkinson is a brilliant executive coach and a vital partner to me in supporting some of my most important clients at Genzyme. Sue brings her successful approach forward in The Leader's Edge. She gets to the heart of the matter in a way that few others do, enabling leaders to envision and embark upon new pathways to personal excellence." --Joan Wood, Senior Vice President, Leadership and Organization Development, Genzyme Corporation "Every leader at every level needs to read this book." --Deborah Merrill-Sands, Former Dean, Simmons School of Management "Progressing to senior leadership requires a concerted series of adjustments in your leadership approach. This book helps you assess all the dimensions of how you lead, as well as the barriers you should anticipate as you ascend, and strategies for overcoming them. The personal brand framework is practical and following Hodgkinson's advice will bring quick, high impact results to your work." --James G. Connolly, Former President, Citizens Financial Group "With the clarity and passion of a true visionary, Sue Hodgkinson delivers a practical and potent approach to the phenomenon of 'personal branding.'" --Donna D'Cruz, Founder and CEO of Rasa Music

Women's Experiences in Leadership in K-16 Science Education Communities, Becoming and Being Katherine C. Wieseman 2009-06-18 A discourse on women's leadership within science education has, until now, been largely invisible in book form. This, therefore, is the first book to address women's leadership within science education. The book embraces relational ways of knowing as a foundation for leadership and takes courageous steps by exposing our innermost tensions, dilemmas, and feelings about leadership, making them available to others. The power/promise of feminine approaches to transform traditional leadership cultures is also addressed. The authors believe that anyone can lead, regardless of position, title, years of experience or age. They also believe that each of us has a responsibility to provide some leadership and direction for the shared endeavours of which we are part. The purpose of the book is to inspire and guide educators and academics in K-16 science education, as well as individuals in other professions, as their leadership skills develop. The leadership activities provided offer guidance and/or concrete ways to delve into issues of leadership.

Principles of Counseling and Psychotherapy Gerald J. Mozdierz 2009-03-24 This text presents a novel approach to teaching and learning the fundamental skills and techniques of counseling and psychotherapy, based on a "non-linear" process of thinking that more accurately reflects the reality of mental health practice. At the core of this text lies the idea that to best prepare students for practice with real clients, they have to learn how to think in a new way, the way that research has shown the most effective practitioners think. The result is a paradigm shift in how to teach and learn basic counseling skills, which separates this text from the competition and brings training up to speed with current practice.

Ask a Manager Alison Green 2018-05-01 'I'm a HUGE fan of Alison Green's "Ask a Manager" column. This book is even better' Robert Sutton, author of The No Asshole Rule and The Asshole Survival Guide 'Ask A Manager is the book I wish I'd had in my desk drawer when I was starting out (or even, let's be honest, fifteen years in)' - Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck A witty, practical guide to navigating 200 difficult professional conversations Ten years as a workplace advice columnist has taught Alison Green that people avoid awkward conversations in the office because they don't know what to say. Thankfully, Alison does. In this incredibly helpful book, she takes on the tough discussions you may need to have during your career. You'll learn what to say when: · colleagues push their work on you - then take credit for it · you accidentally trash-talk someone in an email and hit 'reply all' · you're being micromanaged - or not being managed at all · your boss seems unhappy with your work · you got too drunk at the Christmas party With sharp, sage advice and candid letters from real-life readers, Ask a Manager will help you successfully navigate the stormy seas of office life.

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