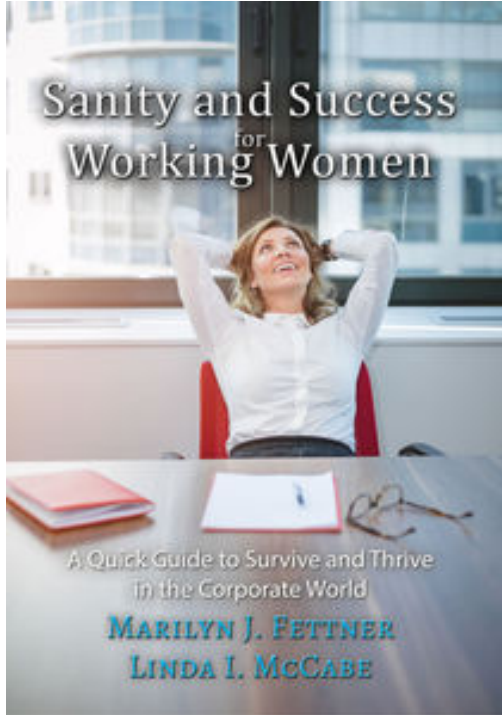


Sanity And Success For Working Women

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Sanity and Success for Working Women download or read online Marilyn J. Fettner, MCC, NCC, LCPC PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, A quick useful reference for corporate women! This book presents new realistic solutions to help women navigate through common issues they face in the workplace. It's organized to easily find the topic you want!

In today's world, women often feel they are losing their sanity. As they strive for career success, while trying to manage home and family responsibilities, they encounter barriers that keep them from career advancement and achieving the success they deserve. Yet they continue to struggle to attain the ever elusive work-life balance.

Many women report not feeling valued in their workplace. They face challenges with work relationships and politics, getting recognition, promotions, and equal pay. This book is

packed with strategies to help women thrive in both their competitive workplaces and demanding personal lives. Some examples of strategies included in *Sanity and Success for Working Women* are methods for developing a professional image, enhancing communication, and advancing into a leadership role.

A powerful advantage this book offers to working women are the exercises, which take an important concept and translate it into a practical experience. The impact of these exercises results in strengthening mental muscles in a way similar to that of physical training. Rather than simply reading a description of a problem, readers gain skill enhancements for positive change. There is also great value in these pages for corporate leaders, because they are the people with the power and influence to effect broad changes.

You don't want to miss out on this important book that levels the playing field for working women.

Author Bio: Linda McCabe is President and Founder of Optimal Level, a sought-after consulting firm helping business owners, professionals, and corporations go from where they are to where they want to be. Linda took a small struggling scrap iron and metal business and turned it into a multimillion dollar success. She then founded her current business, Optimal Level. Linda is also a speaker and facilitator renowned for her work in leadership, business growth, sales, and general success.

Linda was voted one of Chicago's Most Influential Women in Business. She has been married for 45 years to "the best husband in the world," has two adult children, and lives in Wheeling, IL. Linda is also the author of *Optimal Level, A Woman's Guide to Meeting Life's Challenges*.

Marilyn Fettner, MCC, NCC, LCPC, is a career and life counselor and President of Fettner Career & Life Counseling in Northbrook, Illinois. Marilyn works with individuals and couples to implement practical strategies to deal with challenges in both their work and personal lives. She provides services in life coaching, career counseling, personal counseling, ADHD coaching, mediation, and career assessment testing. Her experience includes managing employee training and development programs, executive coaching, management development, recruiting, and outplacement.

Marilyn has a master's degree in human resource development and in counseling, and is an Illinois Licensed Clinical Professional Counselor, National Certified Counselor, and Master Career Counselor. A life-long learner, Marilyn is passionate about her work to help people attain balance and well-being in their professional and personal lives. Her motto is Work Happy. Live Happy. Be Happy.

For more information, visit www.fettnercareerconsulting.com.

Keywords: women and work, women in the workplace, women in the corporate workplace, women and work issues, women and work-life balance, women's issues in corporate America, women in corporate America, women leaders at work, women and success, women and equal pay, career strategies for women, women's success at work, women and career advancement, women and being valued/appreciated at work, working women and issues in the workplace.

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