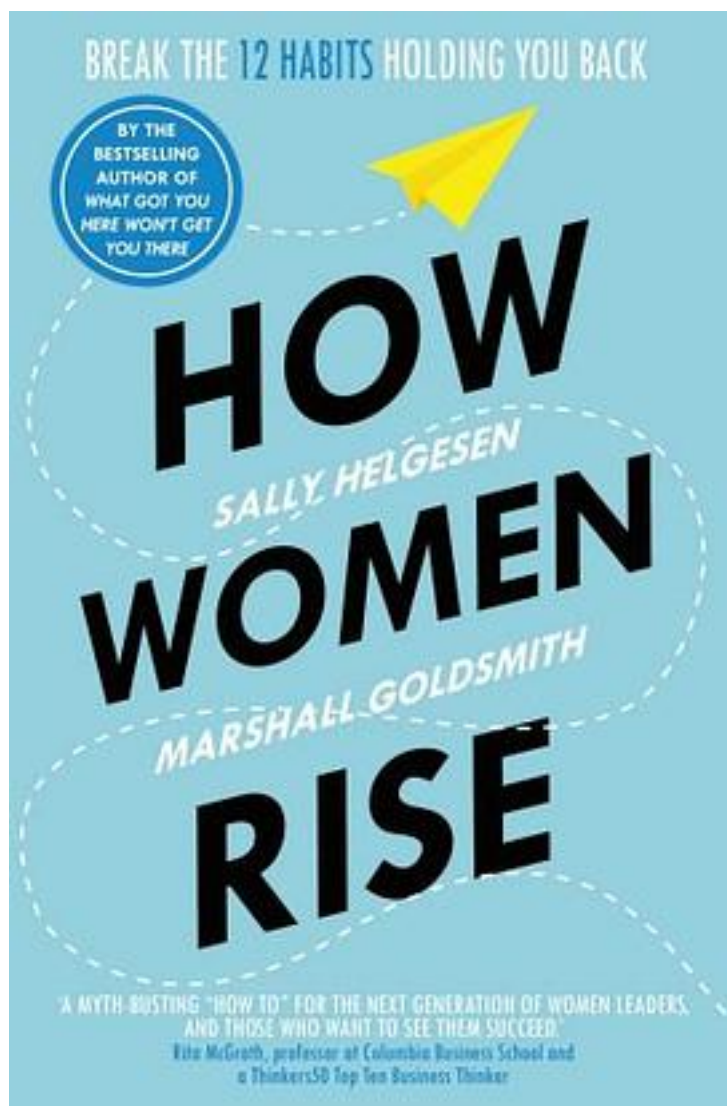


How Women Rise



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Ready to take the next step in your career . . . but not sure what's holding you back?
Read on.

Leadership expert Sally Helgesen and bestselling leadership coach Marshall Goldsmith have trained thousands of high achievers--men and women--to reach even greater heights. Again and again, they see that women face specific and different roadblocks from men as they advance in the workplace. In fact, the very habits that helped women early in their careers can hinder them as they move up. Simply put, what got you here won't get you there . . . and you might not even realize your blind spots until it's too late.

Are you great with the details? To rise, you need to do less and delegate more.

Are you a team player? To advance, you need to take credit as easily as you share it.

Are you a star networker? Leaders know a network is no good unless you know how to use it.

Sally and Marshall identify the 12 habits that hold women back as they seek to advance, showing them why what worked for them in the past might actually be sabotaging their future success. Building on Marshall's classic best seller *What Got You Here Won't Get You There*, their new book *How Women Rise* is essential reading for any woman who is ready to advance to the next level.

作者介绍:

Sally Helgesen's work is widely regarded as the gold standard when it comes to women's leadership. Since the publication of *The Female Advantage* in 1990 (still in print), she has written five more books in the field and speaks to audiences all around the world about these issues. Clients have included Microsoft, IBM, Johnson & Johnson, Prudential Financial, Pfizer, Textron, Hewlett Packard, The World Bank, and dozens more. She has led seminars at the Harvard Graduate School of Education and Smith College, and her work has been featured in *Fortune*, *The New York Times*, *Fast Company*, and *Business Week*. She lives in Chatham, New York.

Marshall Goldsmith is America's preeminent executive coach. Marshall's *What Got You Here and Triggers* are both ranked by Amazon in the Top 100 Best Books of all time in the leadership and success category. *What Got You Here*, *Triggers*, and *MOJO* were all *The New York Times* best-sellers and *Triggers* hit #1 on *The Wall Street Journal's* best-seller list and was chosen by Amazon as the Best Business Book of the year when it was published in 2015. *What Got You Here* won the Harold Longman Award for the Best Business Book of the year.

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标签

女性

Career

skim

评论

在一次项目启动会上，我指出了一个设计隐患，这个点直接被同事们和上司略过了（会上只有我一个女的）。后来谈论过程中男同事把我提到的点又讲了一遍，然后整个会议突然就很重视的讨论起这件事。我整个人都惊呆了，难以描述当时是觉得其他人有问题还是自己有问题。后来很多难以名状的现象都得到了解答。可以算是女性在职场中的求生求升之书吧。

女性转换成领导通常比较smooth，因为天性比较会为别人着想。但是阻碍自己的习惯也是真实的。我多处中枪：完美主义 思虑过多 对career缺少计划 self minimizing 等等。真是需要coach。
不过太多关注于这些负面也等于完美主义，死循环。放空了做吧。

去奥兰多前Z去了个talk，给了我这本书。看了俩礼拜看完了，只能说在对的时间点遇到这本书，非常非常感激。不仅仅是工作，生活中也有很大帮助，特别是敏感的人。有很多想法都逐渐在日常生活中自己acquire了，比如前两天日记里还写到，真的要学会原谅自己，今天就在书里看到很类似的内容，很有共鸣。希望能写一个detailed的notes。最后讲到peer coaching，不要judge别人也不要judge自己，还有一些和Counscios Business重叠的部分，career coaching真的是有不少异曲同工之妙。以及给了好多糖吃（很多女性需要去提升的地方都源自于性格的双刃剑，其实你是一个很棒的人，只不过这种性格会在职场上/生活中带来一些不必要的麻烦）

值得再读 leave it at the stream

推荐 我觉得说的非常准 有些就算我没有类似经历 也会注意到周围同事有

很多工作的经历都很类似。作为女性的我们真的应该反思，为什么我们在职场中会有不平等的待遇？本书可以看到自己的影子，读懂的请加以改善，做到更好的自己！

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书评

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