

STRATEGIES FOR CAREER SUCCESS



Welcome to **Strategies for Career Success** newsletter published by Pathways Career Success Strategies.

Every month we offer effective strategies to assist you in your career development or job search.

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Women: How to Shatter the Glass Ceiling

Have you unsuccessfully tried to move up in your career? Do you feel that the men in your company get promoted and you're left behind? If this sounds like you, have you considered a nontraditional career? Contemplate a career where less than 25% of the workforce of a specific occupation is comprised of women.

What Jobs are Nontraditional?

Jobs that are nontraditional for women include: architect, carpenter, chemist, taxi driver, and President of the United States. There are over 100 occupations that are considered nontraditional. Just look around, you can probably determine by yourself which jobs are nontraditional.

Why Women Don't Consider

Stereotypes still exist as to what is considered "women's work." These stereotypes are ingrained in our society and are passed along from our parents and continue with our school teachers and guidance counselors. Little girls rarely get gifts such as a truck, Lincoln Logs, or a toy chemist set. Teachers and guidance counselors tend to steer girls into "pink collar" classes and jobs. With little guidance and exposure to ALL of our career options, it's no wonder there are so few women in nontraditional careers.

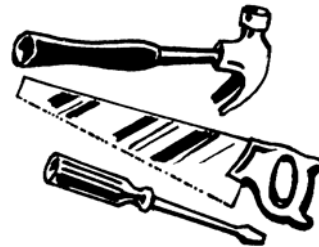
Higher Wages & Higher Need

Many nontraditional jobs pay 20-30% more (and many others higher) than traditional jobs and have better benefits and career advancement opportunities. In many trades, 45-70% of workers 45 and older are expected to leave their occupation by 2008, according

to the U.S. Department of Labor's Bureau of Labor Statistics. These positions will need to be filled. If you're interested in working as a carpenter or welder, take a look at a job in the trades.

What Color is Your Parachute?

Money is often not the only determining factor in finding a satisfying career. A job where you can use your skills and interests is most likely a top priority too. Take



a look at your skills and interests; do any of the nontraditional careers fit the bill?

Challenges

Women that enter nontraditional occupations often face challenges. The first challenge is usually acceptance. Being a trailblazer isn't always easy. You stick out. You don't fit in. Once your male co-workers can see you're serious about your work and that you can do a good job, most will accept you.

Throw Time Management Out the Window

Forget about time management, I did a long time ago. Why? Because after attending hours upon hours of training, and reading all the time management books I could get my hands on, very little worked.

That was until 1997, when as a student of Coach U www.coachu.com I participated in a program that in turn, I use with my clients called "The Personal Foundation Program", a 24 subject course that includes lots of assessments and thought provoking topics, including "Getting Complete", Removing Tolerations From Your Life, and a host of other personal and professional development topics.

I realized that it was no wonder that this time management stuff wasn't working for me! How can I manage something I have no control over: time? Think about it. Can you really control time? Yet, haven't you tried and failed?

What many consider to be time management is really a combination of:

- Expending energy to have a balanced life, whatever balance means to you plus the reality of balance.
- Clearing out life's clutter: getting complete with the past, and cleaning out your life from the inside-out.
- Taking your to-do list and making it a to-complete list. Then removing everything you really don't want to complete and let it go (or at least put it into your God Box).
- Learn your top 5 values (what you have to have or you'll emotionally die), your needs (what's running you) and your life priorities so that you can make better decisions, therefore, you'll have more time.
- Stop doing life alone, this takes too much time away from fun things.

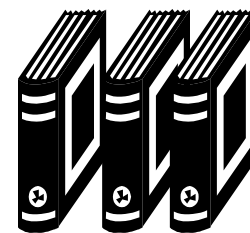


Recognizing that outside stuff always will come into play to challenge us, what can do is shift from trying to manage your time to managing your life? Ready to start? Consider learning about balancing your life, by viewing the resource links on the bottom of

www.newtimes.org/issue/0303/reviews.html. Do it now!

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Good Reads

Breaking the Glass Ceiling: Can Women Reach the Top of America's Largest Corporations?

by Ann M. Morrison, Randall P. White, Ellen Van Velsor

The Science Glass Ceiling; Academic Women Scientists and the Struggle to Succeed

by Sue V. Rosser

"A dream is just a dream. A goal is a dream with a plan and a deadline."

-- Harvey Mackay