

How Women Risk – Marshall Goldsmith and Sally Helgesen

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Short Summary

- Don't assume that you need to be a role model for women
- Don't think you need to please everyone
- Don't let your people dictate your calendar

Detailed Summary

The problem with stuckness:

- You feel something is preventing you from moving forward or from leading the life you're supposed to be living
- You feel unable to break through circumstances that are conspiring to hold you down
- You feel as if your contributions are not recognised or appreciated
- You feel the people around you have no idea what you're capable of achieving

Beliefs which are not true:

- Ambition is a bad thing
- Being a good person means not disappointing others
- Women should always be role models for other women

8 Habits which don't usually apply to women but if they do read 'what got you here won't get you there'

1. Wining too much
2. Telling the world how smart you are
3. Claiming credit you don't deserve
4. Failing to give others proper recognition
5. Using anger as a management tool
6. Refusing to express regret
7. Failing to express gratitude
8. Passing the buck

12 habits

1. Reluctance to claim your achievements
2. Expecting others to spontaneously notice and reward your contributions
3. Overvaluing expertise
4. Just building rather than building and leveraging relationships
5. Failing to enlist allies from day one
6. Putting your job before your career
7. The perfection trap
8. The disease to please
9. Minimizing

10. Too much
11. Ruminating
12. Letting your radar distract you

Tips:

- Start with one thing. Don't try and resolve too many issues at once.
- Don't do it alone
- Get peer coaching
- Let go of judgement
- The to don't list
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