



7 Power Gaps Women Face In The Workplace



1. Not recognising your special talents, abilities, and accomplishments

D Quadrant

Understand and recognise your special talents and strengths and see yourself as more capable and valuable

2. Communicating from fear not strength

C Quadrant

Stop apologising and using weaker language to communicate your ideas and opinions

3. Reluctance to ask for what you deserve

A Quadrant

Identify what you want and build a strong case to get it

4. Isolating from influential support

C Quadrant

Bond and connect with influential people who can support your growth



5. Acquiescing instead of saying "stop!" to mistreatment

A Quadrant

Stand up against what is wrong and unfair in your life and work

6. Losing sight of your thrilling dream

B Quadrant

Take steps to explore new paths or pivots that will allow you to do work that excites and rewards you in meaningful ways



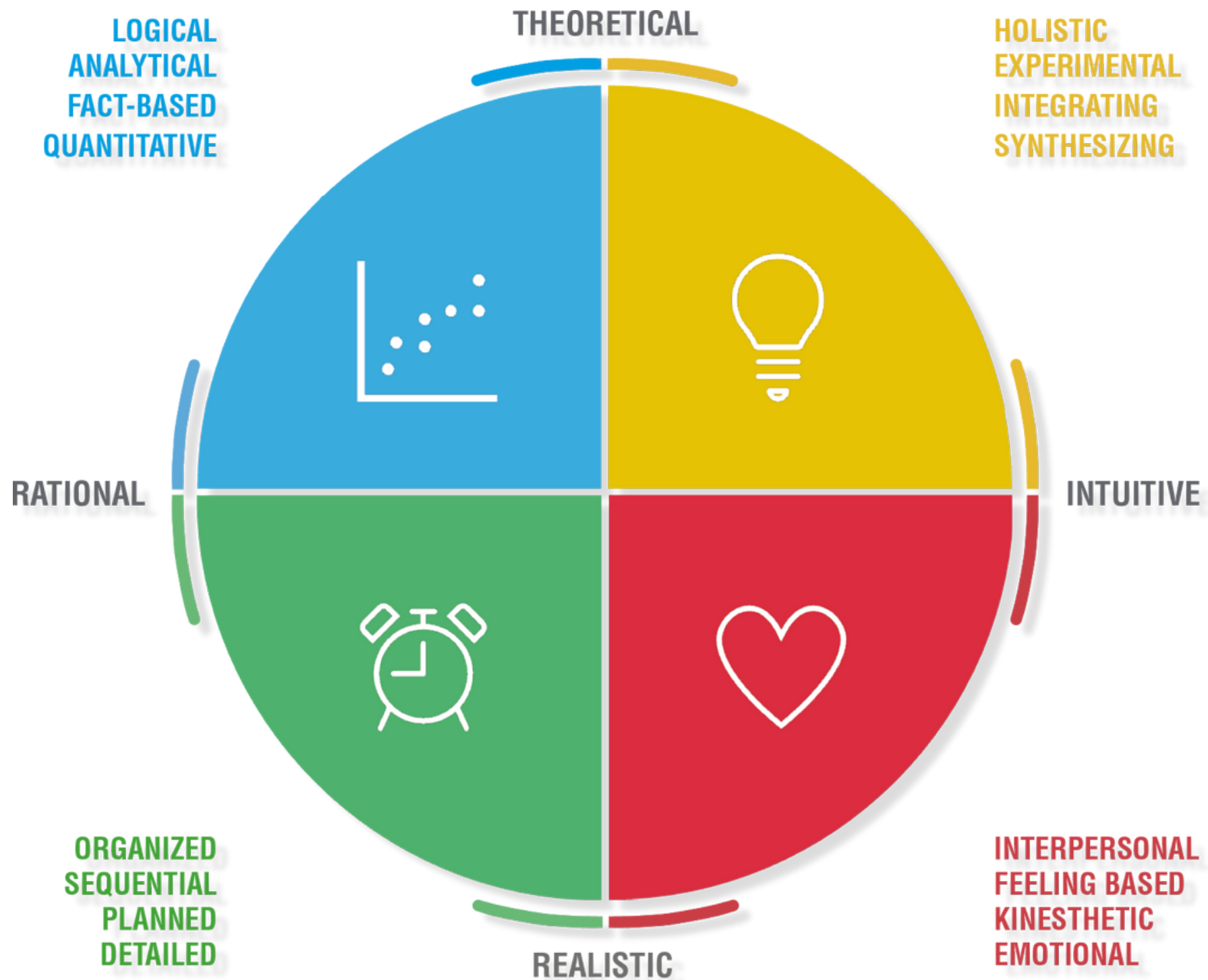
7. Allowing past trauma to shape and define you

D Quadrant

Heal what's hurting you from the past
so you can thrive in the future



How to Leverage Whole Brain® Thinking to Help Bridge the 7 Power Gaps Women Face in the Workplace



A QUADRANT:

What would success look like to you?

Decide how we will be measuring success.

Include dates/due dates and anything that is deemed quantifiable data.

B QUADRANT:

What actions are you going to take to achieve your goal?

Keep and maintain specific lists.

Practice enforcing boundaries with more tenacity to free up time.

C QUADRANT

Find a mentor or sponsor to keep you on track.

Surround yourself with people that are going to support you.

Support yourself, reward yourself as you make progress.

D QUADRANT

Keep a journal of your dream. Ask "Why do I have this dream?" and

"Why is it important for me to not lose sight of it?"

Create a mood board/vision board and envision future possibilities.