

《职业女性易犯的致命错误》

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内容概要

For every professional woman who wants to get ahead - but feels she is at an impasse - NICE GIRLS DON'T GET THE CORNER OFFICE comes to the rescue. Although it's less threatening and more politically correct for women to point the finger outwardly when assessing why they are overlooked for promotions and assignments for which they are superbly qualified, the real answers may lie inward. In this book, Dr Lois Frankel, an internationally recognised corporate coach and author, reveals the 101 self-sabotaging behaviours women learn as girls - behaviours and habits that are now holding them back in the workplace, such as couching statements as questions, tilting your head when you speak, waiting to be noticed and pinching company pennies. From executive to entry level, every woman needs to know what she is doing to subconsciously sound, look, act, market herself, and/or be treated like a 'girl'. This book will help women to become aware of when and how they are damaging their careers and it will give them the advice and tips they need to help replace these self-defeating behaviours with more effective ones - and finally claim the corner office they so richly deserve.

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作者简介

Lois P. FRANKEL, P.H.D., is president of Corporate Coaching Inter-national. She is an internationally recognized expert in the field of workplace behavior and the empowerment of women. In addition to her work with executives and managers at Fortune 100 compa-nies, Dr. Frankel is a sought-after speaker who provides insights and practical tools for increasing career success. A member of the American Psychological Association, National Speakers Associa-tion, and Society for Human Resources Management, Dr. Frankel is also a licensed psychotherapist with a doctorate in counseling psychology from the University of Southern California.

Dr. Frankel has been featured in newspapers and magazines,including Fast Company and Entrepreneur, and quoted extensively as an expert in her field in publications such as Fortune, Working Mother, the Los Angeles Times, and the Miami Herald. She is the author of *Overcoming Your Strengths*, which was named by Fast Company magazine as "the best unsung business book of the year" in 1997, as well as *Women, Anger, & Depression* and *Kindling the Spirit*.

Dr. Frankel can be reached through either of her Web sites:www.corporatecoachingintl.com or www.gr8speakers.com

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精彩短评

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