



It's Not a Glass Ceiling, It's a Sticky Floor: Free Yourself From the Hidden Behaviors Sabotaging Your Career Success

Rebecca Shambaugh

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Turn the top 7 career breakers for women into career makers

Statistically, more than one-third of Fortune 500 managers are women-and yet we represent barely five percent of the top earners among executives. Usually, we blame it on men-those “old boy” networks that don't typically welcome women into “the club.” But, according to leadership coach Rebecca Shambaugh, the real obstacle to women's advancement is not a “glass ceiling.” It's the self-imposed career blocks that prevent us from moving up.

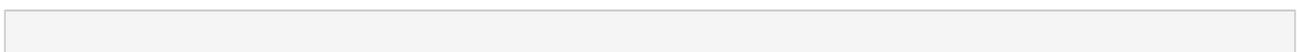
These are the 7 “sticky floors”:

- 1. Balancing Your Work and Life**
- 2. Embracing “Good Enough” in Your Work**
- 3. Making the Break**
- 4. Making Your Words Count**
- 5. Forming Your Own Board of Directors**
- 6. Capitalizing on Your Political Savvy**
- 7. Asking for What You Want**

Admit it: You've probably been “stuck” in at least one or more of these situations. Maybe you're a perfectionist who has trouble letting go of a task. Maybe you're so loyal to your company that you haven't explored other career options. Maybe you're afraid of speaking up in meetings. Or maybe you're so accommodating to others' needs that you never take care of your own.

This book will show you how to get unstuck from these common traps. You'll discover how other successful women have managed to break out of middle management jobs to grab the top leadership positions. You'll hear hard-won advice from working mothers who also happen to be CEOs, including proven tricks of the trade when it comes to juggling career and family. You'll learn how to conquer your insecurities, transform your thinking, tailor your behavior, and demand the kind of professional recognition you deserve. There's even a section of fill-in charts and checklists at the end of the book to help you stay on track, in control, and on the rise.

Once you've freed yourself from life's sticky floors, there's nowhere to go but up.



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