
WIFM Rising Stars Resources

SESSION 1

Resources for Shared Challenges

- **Increase Your Confidence:** Lacking confidence? Check out "[Confidence Code](#)" by Katty Kay and Claire Shipman for an eye-opening exploration on the science of confidence.
- **Executive Presence:** Need inspiration to improve Executive Presence? Learn from five girls on a top-ranked high school debate team as they navigate the world of gender bias in "[Girl Talk](#)".
- **Work-Life Integration:** Work-Life Integration Challenges? Make sure household obligations are shared equitably with Eve Rodsky's Fair Play. Watch this [3-min video](#) to learn more.

SESSION 2

Resources on Session Topic

- **The Double-Bind Dilemma:** This [PDF](#) is a quick overview of the double-bind dilemma for women in leadership and strategies to dismantle it.
- **Your PVP:** Want to continue to explore your Personal Value Proposition? This [Forbes article](#) will help you do so.

Resources on Shared Challenges

- **Learn How to Delegate:** As we climb the leadership ladder, our skill sets must evolve. The attached PDF on "E-Myth Revisited for Finance Leaders" illustrates what's needed to climb from one rung to the next. Also check out the supporting PDF on "5 Tips for Better Delegation."
- **Create Motivation:** As a manager, creating motivation in your team can feel like a mystery. Learn [in this article](#) how Daniel Pink in his book "[Drive](#)" simplifies motivation into 3 key areas: Autonomy, Mastery, and Purpose
- **Improve Public Speaking:** Need confidence in public speaking? Check out this highly engaging [TedTalk with Deborah Francis-White](#) on building charisma instead of stage fright. This is one of my favorite TedTalks of all time!

SESSION 3

Resources on Session Topic

- **Playing Small:** "[Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead](#)" by Tara Mohr is all about how women often hold back their voices, especially in spaces where things feel informal or unstructured like small talk. The book helps you name your inner critic and reclaim the authority of your ideas. Here's [an article](#) that summarizes the book.

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- **People Pleasing:** "[The Disease to Please](#)" by Dr. Harriet Braiker tackles the exhausting habit of constantly saying "yes" to avoid disapproval, essentially turning your life into a never-ending customer service job. Here's [a 6-minute summary of the book](#).
- **Imposter Syndrome:** Know you are not alone while reading this BBC article "[Michelle Obama: 'I still have impostor syndrome'](#)."
- **Perfectionism:** Read the Chief article "[The Perfectionism Pitfall: Why It Holds Women Leaders Back and How to Break the Cycle](#)" and learn how to truly start believing "I am enough." This article includes a short excerpt from a great book on this topic: "[Embrace The Power Of You: Owning Your Identity at Work](#)." At this link, you can also hear the author, Tricia Montalova Timm, share her inspirational story of why she wrote this book as a female leader.

Resources on Shared Topics

- "[Girl State](#)" is an eye-opening documentary about what happens when you host a conference of teenage girls being prepped for public office.
- Many of you have shared how much you dislike small talk. Check out [this article](#) on tips to make it easier.

SESSION 4

Resources to Improve Emotional Intelligence:

- [The Pause Principle: How to Keep Your Cool in Tough Situations](#) - This book by Cynthia Kane, a communication expert, shares how to regulate your bodily response and emotions created by stress in order to communicate better. Here's also [a link to meditations](#) referenced in this book.
- "[The Gift and Power of Emotional Courage](#)." This TedTalk by Susan David, a psychologist and coach, challenges a culture that prizes positivity over emotional truth and discusses the powerful strategies of emotional agility (also the name of her book). This is one of my favorite TedTalks and I highly recommend giving it a listen! Here's also an article on "[Emotional Agility](#)" that shares how to "unhook" from negative emotions and self-talk.
- [The Emotionally Intelligent Woman: Master Your Emotions, Communicate Fearlessly and Lead With Confidence](#). Dr. Shyamala Kiru's book "The Emotionally Intelligent Woman" offers a practical framework for women aiming to enhance their emotional intelligence, communication skills, and leadership confidence. The book is particularly beneficial for high-powered women seeking to align personal growth with professional success.