

Hi Betsy's 46 and 47! Thank you for your work last week. We've curated a list of resources we believe may in service to you on your life and leadership journeys! We have included links, though sometimes are lost in transmitting or saving documents. Use the other info to Google the resource if that happens. Thanks and best wishes, Terri, Denise and Christa

### Trends for Women in the Workforce/Leaders

**1. McKinsey 2022 Women in the Workplace Report**

Link: <https://www.mckinsey.com/diversity-and-inclusion/women-in-the-workplace>

**2. Quiet Quitting, the Great Breakup, and What it Means for Women Leaders**

Link: <https://www.carolparkerwalsh.com/podcasts>

**3. Women leaders switch jobs at record rates as they demand better from their workplaces**

Link: <https://www.npr.org/2022/10/28/1132232414/women-workforce-switching-jobs>

### Favorite Talks and Videos for Leaders

**1. Stanford ecorner: Shellye Archambeau (Verizon) on taking risks**

Link: <https://ecorner.stanford.edu/videos/taking-risks-and-breaking-barriers/> (47 min or short clips)

**2. TED: How to Design Gender Bias Out of Your Workplace (Sara Sanford)**

Link: [https://www.ted.com/sara\\_sanford\\_how\\_to\\_design\\_gender\\_bias\\_out\\_of\\_your\\_workplace](https://www.ted.com/sara_sanford_how_to_design_gender_bias_out_of_your_workplace)

**3. TED: How to Outsmart Your Own Unconscious Bias (Valerie Alexander)**

Link: [https://www.ted.com/talks/valerie\\_alexander\\_how\\_to\\_outsmart\\_your\\_own\\_unconscious\\_bias](https://www.ted.com/talks/valerie_alexander_how_to_outsmart_your_own_unconscious_bias)

### Inspiration for Your Leadership

**1. Melody Hobson: Rising to the Top (First Friday Club interview)**

Link: <https://www.youtube.com/watch?v=RP1lv8c7lzQ>

**2. How to Find Your Why in Difficult Times - Simon Sinek**

Link: [https://www.ted.com/talks/simon\\_sinek\\_how\\_to\\_discover\\_your\\_why\\_in\\_difficult\\_times](https://www.ted.com/talks/simon_sinek_how_to_discover_your_why_in_difficult_times)

**3. When Your Feelings Conflict with Your Leadership Role**

Link: <https://hbr.org/2023/01/when-your-feelings-conflict-with-your-leadership-role>

### A Few More You Might Like

Small Talk:

Link: <https://www.fastcompany.com/90747480/the-secret-science-behind-the-power-of-small-talk>  
and The Fine Art of Small Talk by Debra Fine

Four Stages: [https://www.youtube.com/4stages\\_of\\_contribution](https://www.youtube.com/4stages_of_contribution)

First 90 Days: Michael Watkins <https://www.mindtools.com/ac2gss8/the-first-90-days>

Authenticity Paradox (Herminia Ibarra) <https://www.youtube.com/watch?v=BxE6NMLexiE>

First Impressions and Body Language – Carol Kinsey Goman ([www.forbes.com](http://www.forbes.com) columnist)

Link: <https://www.forbes.com/if-you-want-collaboration-watch-your-body-language>

Belly Dancing! <https://www.worldbellydance.com/health-benefits-belly-dance/>