



Be Your Own Mentor: Strategies from Top Women on the Secrets of Success

Sheila Wellington, Betty Spence

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Surprising secrets of success from some of America's women leaders; all the things a mentor would tell you are revealed in this mentor-in-a-book. Sheila Wellington, the president of Catalyst, draws on Catalyst research, contacts, and know-how to tell you how to understand the unspoken rules in the real world of work today and how to get ahead.

Catalyst studies reveal that having a mentor is the crucial key to success at work, and it's the single advantage men usually have, and women usually don't. Even at the best organizations for women, there is still a shortage of mentors. **Be Your Own Mentor** becomes that mentor for you, providing through stories and eye-opening advice a step-by-step guide to advancement. How to master the art of networking, how to create opportunities to gain experience and visibility, how to manage time, how to negotiate salary, and much, much more is discussed, as you learn from leading women how they got where they are, the mistakes they feel they've made along the way, and how they created lives of achievement and satisfaction. Hear from women such as Carly Fiorina (CEO, Hewlett-Packard), Cathleen Black (president, Hearst Magazines), Judith Rodin (president, University of Pennsylvania), and Andrea Jung (president and CEO, Avon). From that first resume all the way to the CEO's office, **Be Your Own Mentor** guides you along your path to success.

Be Your Own Mentor gives advice from top women on how to:

Devise a short-term and long-term career strategy

Gain visibility in the workplace and in your field

Create opportunities to gain valuable experience

Change your career path

Negotiate salary

Balance work and family

And much, much more...

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