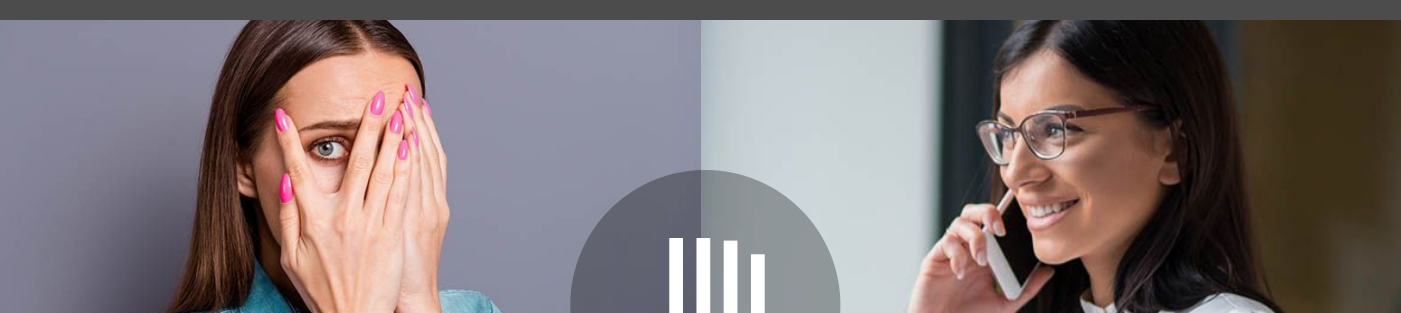


Tips for women — and everyone else

What I've found useful throughout my tech career

By Joyce Stack | Application Architect, Elsevier

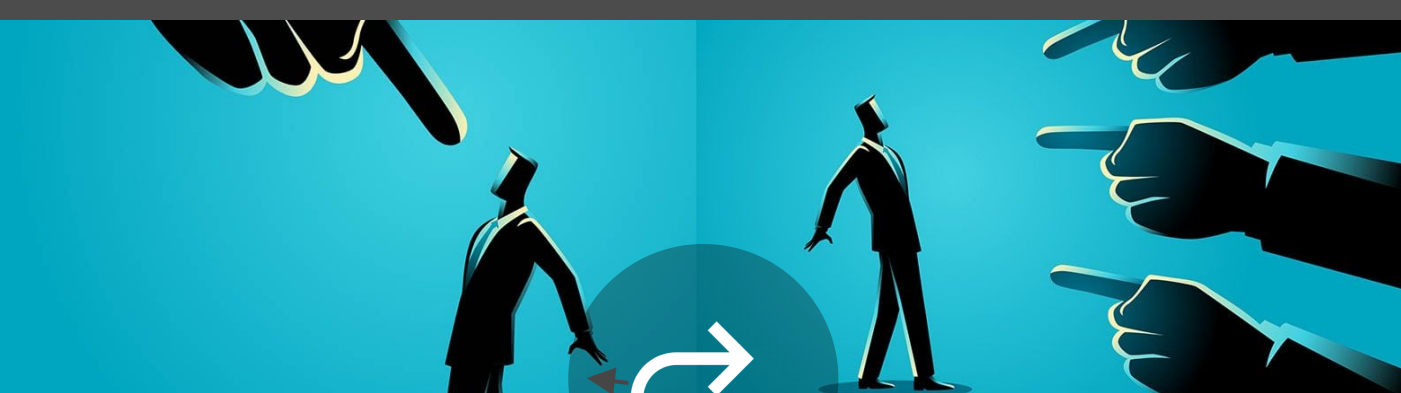


Don't be shy about your goals ...

If you have aspirations about your career — ask for that job or promotion or pay raise.

ask for what you want.

The worst they can do is say no — but maybe they'll say yes!

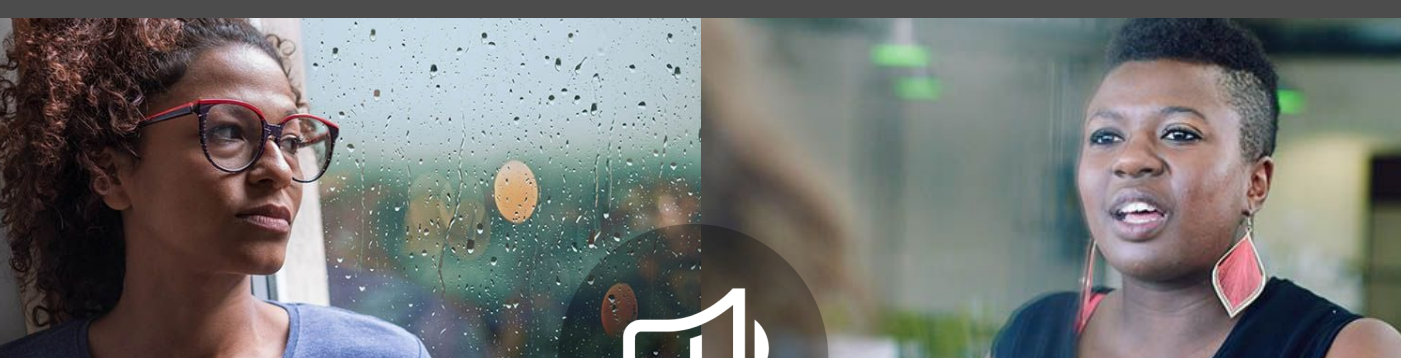


Before you call out others

If you're not getting what you want from your colleagues, take a look at your own behavior.

check yourself.

Remember, when you point a finger, there are three pointing back at you.



Don't suffer in silence ...

Often people hesitate to express their feelings at work.

Learn how to give assertive feedback.

Use an assertive feedback template¹ to lay out your observations and feelings constructively.

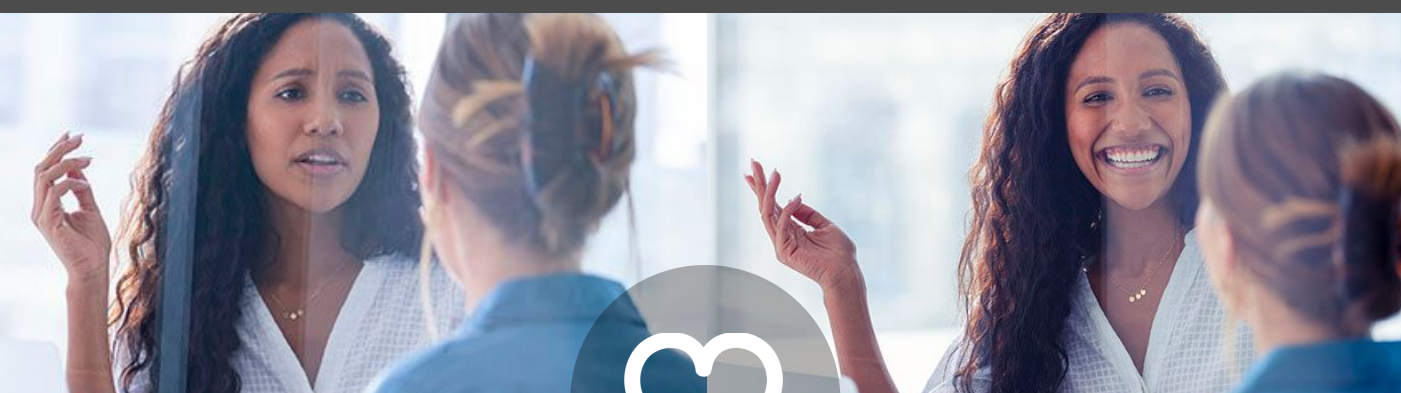


Understand your values ...

1. Define what each value² means to you.
2. Reveal what you gain from it.
3. Indicate where it turns up in your work.

then craft a personal mission statement.

Identifying your values can help you define the difference you want to make in the world and where to focus.



Don't focus on what success means to others ...

It's easy to define success in terms of what others want. But that may not work for you.

Ask yourself what success means to you.

Step back and take a holistic approach: What's truly meaningful to you?

1 Sample template: [verywellmind.com/learn-assertive-communication-in-five-simple-steps-3144969](https://www.verywellmind.com/learn-assertive-communication-in-five-simple-steps-3144969)

2 I used Dr Brené Browne's List of Values: [brenebrown.com/resources/dare-to-lead-list-of-values](https://www.brenebrown.com/resources/dare-to-lead-list-of-values)