



# How to Thrive and Survive as a Working Woman: The Coach-Yourself Toolkit

*Fiona Elsa Dent, Viki Holton*

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Have you read all the books out there on getting to the top but find yourself wanting not necessarily tips for achieving a high-flying career, but the tools for creating a fulfilling working life?

Based on new data from surveys and interviews, *How to Thrive and Survive as a Working Woman* will encompass stories, examples, strategies and practical exercises. The content will be both instructive and interactive offering insights from the authors' own experience of working with many women managers who attend Ashridge Business School programmes and events.

The book will focus on key issues for development and career success and apply these to the specific challenges facing women at work, including: getting started in your career; dealing with motherhood and a career; dual career couples; changing career direction; moving up to senior levels; lack of confidence; and developing a clear career plan.

Offering tips, techniques and approaches, this book will be an essential tool for working women of all ages and at various stages in their career.

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