

# Women's Leadership Resources

## Balancing Work and Family

- "TED Talk: My Year of Saying Yes to Everything."
  - Shonda Rhimes is responsible for the creation of Grey's Anatomy, Scandal, and How to Get away with Murder. Collectively, that is 70 hours of television per season and she LOVES to work. In this TED Talk, Rhimes speaks about her journey through her "year of yes" and how she learned to better balance her passion for work and her love of her family.  
[https://www.ted.com/talks/shonda\\_rhimes\\_my\\_year\\_of\\_saying\\_yes\\_to\\_everything](https://www.ted.com/talks/shonda_rhimes_my_year_of_saying_yes_to_everything)
- "A Quarter of Working Moms Cry Once a Week, But There Are Solutions."
  - A new survey by Care.com has found that one in four working moms cry at least once a week. These tears are caused by the stress of "having it all." This article focuses on the pressures of being a working mom and provides helpful solutions to "mommy guilt."  
[http://www.huffingtonpost.com/2014/10/24/working-moms-cry\\_n\\_6041728.html](http://www.huffingtonpost.com/2014/10/24/working-moms-cry_n_6041728.html)
- "7 Secrets to Managing Work and Life."
  - Cali Williams Yost, CEO and Founder of Flex+Strategy Group and Work+Life Fit, Inc. demystifies the concept of work-life balance and shares her seven secrets for bridging the gap between the two. <https://www.levo.com/posts/how-to-achieve-work-life-balance>
- "Shareable Facts on How Americans View and Experience Family and Medical Leave."
  - While balancing the demands of work and family life, parents are often challenged when their caregiving responsibilities require time away from work. A new Pew Research Center study finds that most Americans believe workers should have access to paid leave, which would allow them to spend time with a new or adopted child, care for a seriously ill family member, or deal with their own medical crisis.  
<http://www.pewsocialtrends.org/2017/03/23/shareable-facts-on-how-americans-view-and-experience-family-and-medical-leave/>
- "A Thank You Note to All the Moms who Started Their Own Businesses and Inspired Us to Do the Same."
  - Mary Kate Miller has written a refreshingly positive article that reflects upon the adjustments that mothers have to make in order to make their businesses succeed. "My mother always inspired me, not just because with young children, she still managed to "have it all" – a sexist framework I don't really believe in – but also because of her boldness. As women, we are so often encouraged to toe the line, to play it safe, to follow rules and live in the shadow of other, bolder people – read: men."

[https://www.levo.com/posts/a-thank-you-note-to-all-the-moms-who-started-their-own-businesses-and-inspired-us-to-do-the-same?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=daily\\_email&utm\\_term=](https://www.levo.com/posts/a-thank-you-note-to-all-the-moms-who-started-their-own-businesses-and-inspired-us-to-do-the-same?utm_source=newsletter&utm_medium=email&utm_campaign=daily_email&utm_term=)

## Barriers and Bias

- “Too Sweet or Too Shrill? The Double Bind for Women.”
  - This NPR segment focuses on the challenges that women face as they try to obtain top leadership positions.  
<http://www.npr.org/templates/transcript/transcript.php?storyId=498309357>
- “Women Rising: The Unseen Barriers.”
  - The Harvard Business Review discuss the unseen barriers for women in leadership. Often, male leaders are not considering the fundamental identity shift that occurs when a woman takes a position of leadership. Many policies and practices do not promote women leaders to be respected or viewed the same as male leaders.  
<https://hbr.org/2013/09/women-rising-the-unseen-barriers>
- “Barriers and Bias: The Status of Women in Leadership.”
  - Watch the Barriers and Bias Research Launch Panel on Women in Leadership as they discuss stereotypes and bias that may be holding women back in the elevation to top leadership positions. The panelists also suggest solutions to eliminating gender discrimination in the workplace. <http://www.aauw.org/event/2016/03/barriers-and-bias-webcast/>
- “Obstacles to Female Leadership.”
  - The Pew Research Center has conducted research on why Americans believe that men have a better shot at leadership positions, even as they agree that men and women make equally good leaders. Their research seeks an answer about why women still remain greatly underrepresented in fields of business and politics.  
<http://www.pewsocialtrends.org/2015/01/14/chapter-3-obstacles-to-female-leadership/>
- “8 Female Leaders on How to Overcome What’s Holding Women Back.”
  - This article highlights eight women leaders and the societal pressure, gender bias, and insecurities that they have felt in the male-dominant business world. These strong women leaders detail what originally held them back in their careers, as well as how they took back control of their professional lives.
  - <https://www.fastcompany.com/3035478/8-successful-women-leaders-on-how-to-overcome-whats-holding-women-back>

## Ban Bossy

- “Why We Need to Stop Calling Powerful Women ‘Bitches.’”
  - Cosmopolitan Magazine focuses on the vernacular used to discuss powerful women in leadership. This article breaks down the power of language and the precedent that it sets in the work place. <http://www.cosmopolitan.com/career/advice/a5890/powerful-women-names/>
- “Neither Mice nor Men.”
  - As one woman put it, “Even in this day and age, a guy barks out an order and he is treated like someone who is in charge and a leader. But when a woman communicates in the exact same way, she’s immediately labeled assertive, dominating, aggressive and overbearing.” Author Peggy Klaus discusses the dynamic between men and women in the work place.
  - <http://www.nytimes.com/2010/03/07/jobs/07preoccupations.html?mcubz=0>
- “11 Ways to Avoid Sounding Like a Sexist Jerk – Even if You’re a Woman.”
  - Author Jessica Bennett provides readers with 11 tips to avoid sounding like a “sexist jerk”. Bennett writes, “Words tell us something about the way our culture perceives women in power, and whether we believe they’re supposed to be there.” <http://time.com/22004/how-to-not-sound-like-a-sexist-jerk-even-if-youre-a-woman/>
- “Why We Need to Stop Equating Masculinity with Leadership.”
  - The American Association of University Women’s new research report, *Barriers and Bias: The Status of Women in Leadership*, finds that often, men and masculinity are associated to leadership more often than woman and leadership has a lot to do with stereotypes and assumptions. <http://www.aauw.org/2016/03/18/masculinity-isnt-leadership/>

## Women in Politics

- “TED Talks: Hillary Clinton speaks at TEDWomen (2010).”
  - Hillary Rodham Clinton makes a surprise appearance at the TEDWomen Conference in Washington, DC. She discusses foreign policy, empowering women, and why it is important that every girl in the world is given the opportunity to pursue her dreams. [https://www.youtube.com/watch?v=UbPtm1\\_2AnI](https://www.youtube.com/watch?v=UbPtm1_2AnI)
- “TED Talks: Madeleine Albright on Being a Woman and a Diplomat.”
  - Former US Secretary of State Madeleine Albright talks about politics and diplomacy, explaining why women’s issues deserve a place at the table while discussing foreign policy. [https://www.ted.com/talks/madeleine\\_albright\\_on\\_being\\_a\\_woman\\_and\\_a\\_diplomat](https://www.ted.com/talks/madeleine_albright_on_being_a_woman_and_a_diplomat)

- “TED Talks: Halla Tómasdóttir - It’s Time for Women to Run for Office.”
  - When Halla Tómasdóttir ran for president of Iceland, she had to overcome media bias and ended up changing the tone of political debates. She discusses the importance of women running for leadership and hopes to inspire the next generation of leaders. [https://www.ted.com/talks/halla\\_tomasdottir\\_it\\_s\\_time\\_for\\_women\\_to\\_run\\_for\\_office](https://www.ted.com/talks/halla_tomasdottir_it_s_time_for_women_to_run_for_office)
- “The Data on Women Leaders.”
  - The Pell Research Center has collected data on women’s roles in top U.S. political and business roles over the years. <http://www.pewsocialtrends.org/2017/03/17/the-data-on-women-leaders/>

## International Women’s Issues

- “9 Key Issues Affecting Girls and Women Around the World.”
  - Often times, Americans forget to acknowledge the international issues that women face on a daily basis. Global Citizen outlines nine key issues that are affecting girls and women across the globe in this powerful article. <https://www.globalcitizen.org/en/content/9-key-issues-affecting-girls-and-women-around-the/>
- “TED Talks: Ziauddin Yousafzai”
  - Ziauddin Yousafzai, father of Malala Yousafzai, believes that women and men deserve equal opportunities for education, autonomy, and independent identity. Despite the Taliban targeting his daughter in 2012, Yousafzai continues to educate the world on the importance of education and fighting for what you deserve. [https://www.ted.com/talks/ziauddin\\_yousafzai\\_my\\_daughter\\_malala#t-15368](https://www.ted.com/talks/ziauddin_yousafzai_my_daughter_malala#t-15368)
- “TED Talks: Sakena Yacoobi: How I Stopped the Taliban from Shutting Down My School.”
  - In Afghanistan, the Taliban closed all of the girls’ schools but that did not stop Sakena Yacoobi. This fierce leader began to set up schools, in secret, that educated thousands of women and men. This TED Talk explores Yacoobi’s love for teaching, her courage, and shares her vision for rebuilding Afghanistan. [https://www.ted.com/talks/sakena\\_yacoobi\\_how\\_i\\_stopped\\_the\\_taliban\\_from\\_shutting\\_down\\_my\\_school](https://www.ted.com/talks/sakena_yacoobi_how_i_stopped_the_taliban_from_shutting_down_my_school)
- “Are International Women’s Issues Being Devalued in US Foreign Policy?”
  - The Urban Institute discusses their concern after a US State Department budget document was leaked and showed the plans to eliminate funding for the Office of Global Women’s Issues. The article dives into what this office does and why we should continue to support women in foreign policy. <https://www.urban.org/urban-wire/are-international-womens-issues-being-devalued-us-foreign-policy>

## Solutions

- “TED Talks: Sheryl Sandberg: Why We Have Too Few Women Leaders.”
  - Sheryl Sandberg, Facebook COO looks at why men have a higher success rate than women. Sandberg offers three pieces of advice to women aiming for the C-Suite in a relatable and engaging TED Talk.  
[https://www.ted.com/talks/sheryl\\_sandberg\\_why\\_we\\_have\\_too\\_few\\_women\\_leaders](https://www.ted.com/talks/sheryl_sandberg_why_we_have_too_few_women_leaders)
- “The Ambition Collision.”
  - This article focuses on the challenges that woman face in the workplace and suggests that woman must shift their perspective in order to achieve a positive work experience. “Rage and revolution are called for, and such upheaval requires more professional investment by more females, not less. Instead, this is about a shift in perspective – an appreciation for imperfect circumstances and unmet yearnings as facts of life, and a willingness to seek gratifications and inspirations outside the boundaries of a job.”  
<https://www.thecut.com/2017/09/what-happens-to-ambition-in-your-30s.html>
- “The Millennial Woman’s Quest for Career Purpose: A Response to ‘The Ambition Collision’.”
  - Author Ludmila Leiva responds to Lisa Miller’s article, “The Ambition Collision,” analyzing the “crisis of ambition” that woman often face as they chase career satisfaction. Leiva discusses the feeling of being “stuck” in a career and how she got herself out of that rut.  
[https://www.levo.com/posts/the-millennial-woman-s-quest-for-career-purpose-a-response-to-the-ambition-collision?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=daily\\_email&utm\\_term=](https://www.levo.com/posts/the-millennial-woman-s-quest-for-career-purpose-a-response-to-the-ambition-collision?utm_source=newsletter&utm_medium=email&utm_campaign=daily_email&utm_term=)
- “Ambitious Women Always Win: How I Let My Doubters Become an Inspiration.”
  - A sassy, relevant article for any working professional who has been told to settle for less than their goals. This author says it best, “to everyone who’s ever tried to tell me the limits of what I can do and thought they were doing me a favor, you definitely did and I can’t thank you enough.” [https://www.levo.com/posts/ambitious-women-always-win-how-i-let-my-doubters-become-an-inspiration?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=daily\\_email&utm\\_term=](https://www.levo.com/posts/ambitious-women-always-win-how-i-let-my-doubters-become-an-inspiration?utm_source=newsletter&utm_medium=email&utm_campaign=daily_email&utm_term=)
- “How Can We Close the Gender Leadership Gap?”
  - Based on the findings in the report, *Barriers and Bias: The Status of Women in Leadership*, the American Association of University Women have suggestions for individuals, employers, and policy makers in regards to closing the gender leadership gap. <http://www.aauw.org/article/closing-gender-leadership-gap/>

## ***Additional Resources***

- The VIA Survey of Character Strengths is a simple self-assessment that takes less than 15 minutes. The VIA Survey takes a strength-based approach to identifying positive character traits. <http://www.viacharacter.org/www/Character-Strengths-Survey>
- The Pew Research Center has an abundant amount of research and articles pertaining to Women and Leadership. <http://www.pewsocialtrends.org/2015/01/14/women-and-leadership/>

## ***For More Information***

- Contact Student Leadership & Involvement
  - University Center 211
  - 901-678-8679
  - [studentinvolvement@memphis.edu](mailto:studentinvolvement@memphis.edu)
  - <http://www.memphis.edu/studentinvolvement/leadershipandservice/womens-leadership.php>