# Wander Woman

How High-Achieving Women Find Contentment and Direction



MARCIA REYNOLDS

# Wander Woman How High Achieving Women Find Contentment And Direction

**Marcia Reynolds** 

#### Wander Woman How High Achieving Women Find Contentment And Direction:

Wander Woman Marcia Reynolds,2010-12-30 Presents fresh research and powerful stories to give voice to a new generation of women driven by challenge and change Offers compelling advice on how to make wandering a life strategy not just a series of unplanned events Includes probing questions and thought provoking exercises to help readers find peace in life s chaos and confusion Theres a new generation of high achieving women today confident ambitious accomplished driven And yet as master coach Marcia Reynolds discovered many of them are also anxious discontented and frustrated Theyre constantly questioning their purpose juggling multiple roles and reevaluating their goals As a result theyre restless they move from job to job from challenge to challenge almost on impulse Theyre wander women Existing personal growth books so focused on empowerment and encouragement cant help these women They dont need to find their voice they know how to roar They dont expect balance in their lives but they long to find peace in the chaos They arent necessarily focused on gaining a seat in the boardroom they want projects that mean something or businesses they run on their own Reynolds helps wander women understand the roots of their restlessness and make their wandering a conscious strategy not a reaction

Wander Woman Marcia Reynolds,2010-12-30 Presents fresh research and powerful stories to give voice to a new generation of women driven by challenge and change Offers compelling advice on how to make wandering a life strategy not just a series of unplanned events Includes probing questions and thought provoking exercises to help readers find peace in life s chaos and confusion Theres a new generation of high achieving women today confident ambitious accomplished driven And yet as master coach Marcia Reynolds discovered many of them are also anxious discontented and frustrated Theyre constantly questioning their purpose juggling multiple roles and reevaluating their goals As a result theyre restless they move from job to job from challenge to challenge almost on impulse Theyre wander women Existing personal growth books so focused on empowerment and encouragement cant help these women They dont need to find their voice they know how to roar They dont expect balance in their lives but they long to find peace in the chaos They arent necessarily focused on gaining a seat in the boardroom they want projects that mean something or businesses they run on their own Reynolds helps wander women understand the roots of their restlessness and make their wandering a conscious strategy not a reaction

Wander Woman Marcia Reynolds,2010-06-14 There is a new generation of high achieving women confident ambitious and driven yet anxious discontent and above all restless Constantly juggling multiple roles and reevaluating goals today s wander women move from job to job challenge to challenge almost on impulse Drawing on fresh research and extensive interviews Marcia Reynolds helps you understand the roots of your restlessness and discover how to make your wandering a conscious strategy not a series of unplanned events She provides a wealth of exercises and practices so you can better understand the needs that drive your decisions discover new ways of finding direction and thoughtfully choose and plan your future whether climbing the corporate ladder finding satisfaction below the glass ceiling or setting out on your own

Coach the Person, Not the Problem Marcia Reynolds, 2020-06-02 Master one of coaching s toughest skills using reflective inquiry to help clients see themselves and their world through new eyes An essential resource Deb Giffen Wharton Executive Education Coaches rely far too much on asking open ended questions says Marcia Reynolds a founding member of the coaching movement But questions only seek answers inquiry provides insight When instead of just questions clients hear their thoughts opinions and beliefs spoken by someone else it prompts them to critically consider how their thinking affects their goals In this book Reynolds cites the latest brain science to show why reflective inquiry works and provides techniques tips and structures for creating breakthrough conversations Freeing coaches from the cult of asking the magical question she offers five essential practices of reflective inquiry Focus on the person not the problem Summarize what is heard and expressed Identify underlying beliefs and assumptions Unwrap the desired outcome Articulate insights and commitments Using these practices combined with a respectful and caring presence helps create a space where clients feel safe seen and valued for who they are Coaches become change agents who actively recharge the human spirit And clients naturally dive deeper and develop personalized solutions that may surprise even the coach The Discomfort Zone Marcia Reynolds, 2014-10-13 You want people to stretch their limits but your conversations meant to help them often fall flat or backfire creating more resistance than growth Top leadership coach Marcia Reynolds offers a model for using the Discomfort Zone the moment when the mind is most open to learning to prompt people to think through problems see situations more strategically and transcend their limitations Drawing on recent discoveries in the neuroscience of learning Reynolds shows how to ask the kinds of questions that short circuit the brain s defense mechanisms and habitual thought patterns Then instead of being told people see for themselves the insightful and often profound solutions to what is stopping their progress The exercises and case studies will help you use discomfort in your conversations to create lasting changes and an enlivened Language and Gender Penelope Eckert, Sally McConnell-Ginet, 2013-02-07 Updated and restructured new workforce edition of a textbook for courses in language and gender which is accessible to non linguists **Coaching in Asia** Denise Wright, Anna Leong, Keith E. Webb, Sam Chia, 2010-08-20 Coaching in Asia is the definitive guide to the principles and practices of empowering personal and organisational change Whether you re a manager or coach living in Asia Europe or elsewhere Coaching in Asia is packed with case studies and coaching approaches to help you develop greater effectiveness Each chapter is drawn from the firsthand expertise of a diverse group of coaches working in China India Indonesia Singapore Thailand Japan Hong Kong and beyond Coaching is a global phenomenon that is best wrapped in cultural nuances Coaching in Asia offers expert guidance on what has been done and more importantly what is working It will provide you with the ideas methods and practices to enable you to live out your leadership potential and be an agent of change for the good of the world

**No Excuses** Gloria Feldt,2010-09-28 An invaluable guidebook which contends that the most vexing problems facing women today isn t that doors of opportunity aren t open but that not enough women are walking through them Feminist icon

Gloria Feldt pulls no punches in this new book which argues that the most confounding problem facing women today isn t that doors of opportunity aren t open but that not enough women are walking through them From the boardroom to the bedroom public office to personal relationships she asserts that nobody is keeping women from parity except themselves Feldt puts women s power into an historical context showing the ways in which women have made huge leaps forward in the past only to pull back right when they were at the threshold Feldt argues that there s no excuse whether it s the way women are socialized or pressure to conform or work life balance issues for women today not to own their power Women are still facing unequal pay being passed over for promotions entering public office at a much lesser rate than men and oftentimes still struggling with traditional power dynamics in their interpersonal relationships Feldt's solution to all these places where women face inequality is the same we need to shift the way we think to achieve true parity with our male counterparts No Excuses is divided into nine chapters that organized around how women can change the way they think and therefore the way they act These include Know Your History and You Can Create the Future of Your Choice Define the Terms First Embrace Controversy Employ Every Medium and other helpful ideas for using the tools and resources women already have to create the changes they want to see No Excuses is a timely and invaluable book to help women equalize gender power in politics work and love Leading Women Nancy D O'Reilly, 2014-11-07 Now is the time Stop waiting around for the career and life that you deserve and start taking the reins Leading Women shows you how to claim power and respect conquer your internal barriers and change the world by helping other women do the same Featuring stories from twenty nationally acclaimed female leaders this empowering guide offers real life advice for breaking free of the predetermined roles in the business world and life Powerful women such as New York Times bestselling author Marci Shimoff advocacy leader Gloria Feldt and Emmy winning television host Aurea McGarry describe what it s like to go beyond their comfort zones hold their own in a male dominated environment and take control of the situations that keep many women from achieving their goals From corporate coach Lois Frankel's key ways to becoming a natural and necessary leader to bestselling author M Bridget Cook Burch s struggles after years of abuse their insight will help you embrace your purpose seize important opportunities and overcome any obstacle that comes your way With the guidance of these influential resourceful leaders you ll maximize your personal power exceed your business goals and establish a network designed to support and celebrate your fellow women Contributors include Kristin Andress Cheryl Benton Claire Damken Brown PhD M Bridget Cook Burch Vivian Diller PhD Gloria Feldt Lois P Frankel PhD Joanna L Krotz Aurea McGarry Lisa Mininni Shirley Osbourne Lois Phillips PhD Birute Regine PhD Linda Rendleman Marcia Reynolds PhD Marci Shimoff Rebecca Tinsley Sandra Ford Walston Michele Willens and Janet Rose Wojtalik EdD I Love Mondays Michelle Cove, 2012-10-30 A growing number of women today are fortunate enough to enjoy both parenting and having a meaningful career These moms look forward to going back to work on Mondays even if they don t admit it aloud and many consider their job to be a major part of their identity not just the daily grind But

because moms who love their jobs and their families feel lucky to have both they often feel they have no right to complain about the anxieties and stresses of balancing the two which inevitably leads to even more anxiety and stress In I Love Mondays Michelle Cove shares the most common confessions she hears from working moms From I m tired of apologizing when I try so hard to please everyone to I stress about falling behind at work when my kid needs extra attention Cove explores the difficulties faced by working moms and provides real life anecdotes helpful new perspectives and mom tested strategies for dealing each one Full of hilarious and humbling stories from women who are trying to have it all I Love Mondays will help working moms everywhere alleviate their anxiety hone their work home juggling skills and boost their confidence in their roles as professionals and as parents

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