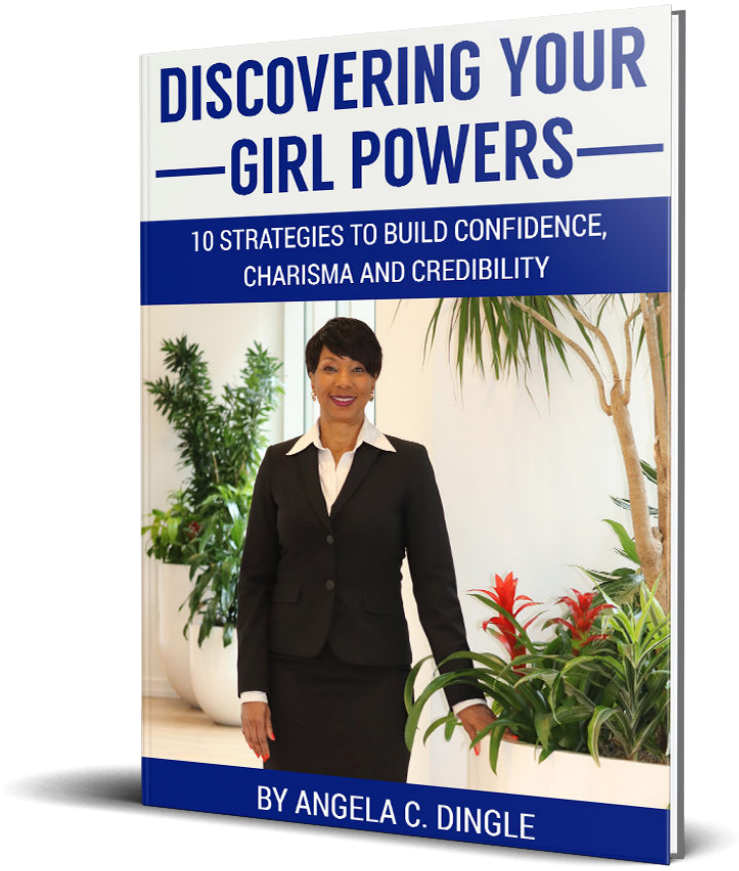
DISCOVERING YOUR GIRL POWERS

10 STRATEGIES TO BUILD CONFIDENCE, CHARISMA AND CREDIBILITY



READING GUIDE

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1. What did you already know about this book's subject before you read this book?

2. What new things did you learn?

3. What questions do you still have?

4. What else have you read on this topic, and would you recommend these books to others?

5. The author identifies a number of women who have girl powers, including Mary Kay Ash, Ellen DeGeneres, and Michelle Obama. What do these women have in common? Who would be on your list of women that have girl power?

6. The author cites research about the benefits of women's leadership styles. Do you agree or disagree? What other benefits have you observed in the workplace?

7. What do you think about the author's research? Was it easy to see where she got her information? Were the sources credible?

8. Ms. Dingle writes about negotiating a salary increase and how she felt during the process. Have you had a similar experience? Have you had similar feelings? What have you learned from the experience? How might you respond if the situation were to arise again in the future?

9. Ms. Dingle shared a combination of personal and professional experiences to illustrate points throughout the book. What aspects of Ms. Dingle's story could you most relate to?

10. If you got the chance to ask the author of this book one question, what would it be?

11. What feelings did this book evoke for you?

12. Share a favorite quote from the book. Why did this quote stand out?

13. In what ways have you seen women conform to a man's style of leadership? In your opinion, has this helped them or hurt them?

14. Do you think a woman's girl powers are always there and just need to be discovered?

15. Ms. Dingle states that in order to convey confidence you have to believe in yourself. Is it possible to have little confidence but still convince other people to believe in you? Why or why not?

16. Do you agree or disagree with the author's assessment of the meeting with the Executive?

17. At one point in her career, Ms. Dingle had to lay off a large group of employees. She remained personal because it was "the right thing to do." In your opinion, were there legal implications of her decision to do the right thing? What might you have done differently?

18. Women working in male dominated careers like Information Technology, Banking and Construction are often stereotyped as being too maternal or making emotional decisions. Did Ms. Dingle's decision to remain personal during layoffs contribute to these stereotypes?

19. The author suggests keeping a journal as a means of getting to know yourself. Did you keep a diary as a teenager? Do you journal as an adult? What lessons have you learned as a result of keeping a diary or journaling?

20. Share the girl power that is most meaningful to you. What is the significance of its meaning to you? How have you used it to your advantage in your home, workplace or community?

21. In some cultures, it is offensive to look someone directly in the eyes. How does one display confidence while respecting cultural differences?

22. Do women in male dominated cultures (e.g., patriarchal societies) have girl powers?

23. Ms. Dingle suggests that sometimes you have to "fake it until you make it." Do you agree or disagree? Do you think a male colleague would agree with your assessment or the author's?

24. In your opinion, does crying in the workplace help or hinder a woman's career advancement? Explain why?

25. Do you have a sponsor? If so, how did you connect with him or her? How has this helped you to achieve your personal or professional vision?

26. What are your three most important takeaways from this book?

27. What other strategies come to mind when you think of girl powers?