



# **Lead Like A Woman: Your essential guide for true confidence, career clarity, vibrant wellbeing and leadership success**

*Michelle McQuaid, Megan Dalla-Camina*

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Does a lack of confidence stop you from embracing new opportunities or speaking your truth? Have you ever wanted to create a change, make a career move, or become a more authentic leader, but didn't quite know where to start? Do you ever feel like you just don't have the energy and grit to pursue your dreams? Or perhaps you're a leader or coach looking for tested ways to help women succeed?

Lead Like A Woman guides women to see more of who they really are, and get more of what they truly want. Based on the award winning leadership development program, this journey uncovers the stories that hold women back, and gives them the evidence-based roadmap to create the career and life they long for. From seeking more confidence, to building a personal brand, leveraging mentors and sponsors, and creating vibrant wellbeing, this book is the permission slip women have been waiting for.

Fusing the latest research from positive psychology, neuroscience, gender science, leadership development and wellbeing, with real stories of what it's like to work in a male dominated world, this book teaches women how to flex their mindsets and leverage their feminine traits so they can fully step into their power. It will forever change the way women work and live, and provides the missing guidance for leaders who want to create long awaited breakthroughs for women at work.

Brilliantly researched, passionately written, enjoyable to read, and packed with coaching playsheets to enable action, Lead Like A Woman is the guidebook that will create both a personal and workplace revolution in how women live and lead.

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