

# Can Women Be Successful AND Happy in Male-Dominated Fields? – Different Pathways to the Top

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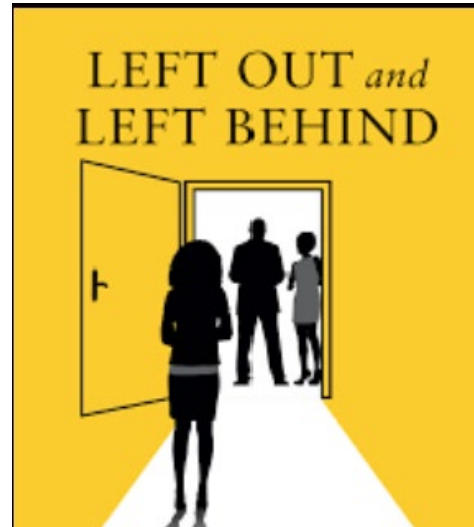


# Is it Really Possible?

- YES, but you have to be intentional!
- Keys:
  - Keep Perspective
  - Don't Let Others Define You
  - Take Responsibility For Your Own Actions  
(Not the Actions of Others)
  - Build a Support System
  - Be Able to Laugh at Yourself

# Keeping Perspective

- Have you felt



“It takes stormy seas to develop skilled sailors.”

# Don't Let Others Define You

- Limited Perspectives Lead to Stereotypes
- Stereotype - An over-generalized belief about a particular category of people OR commonly held ideas or preconceptions about specific groups

# Stereotypes About Powerful Women

Forbes October 24, 2011

- Ice Queen
- Tough
- Angry
- Emotional
- Conniving
- Cheerleader
- Token
- Masculine
- Single and Lonely
- Weak



# Stereotypes About Male-Dominated Fields

- I can't do that
- I won't be accepted
- I won't enjoy that

Don't Let Others Define You or Your Interests

# Take Responsibility For Your Own Actions (Not the Actions of Others)

Quotes from Ruth Bader Ginsburg:

- "Don't be distracted by emotions like anger, envy, resentment. These just zap energy and waste time."
- "Every now and then it helps to be a little deaf...That advice has stood me in good stead. Not simply in dealing with my marriage, but in dealing with my colleagues."

**Happiness is a Choice. Define your own path and choose to be happy.**

# Build a Support System





# Be willing to laugh at yourself



**2** **Walk with small steps.** If your feet are too far apart, you'll have trouble keeping your balance on the ice. Take a small step so your foot is only a couple of inches ahead of the other. Then, repeat with the other foot. It'll take longer, but you'll be much safer. [2]

# Plotting Your Own Course

Example: Different Paths to the Top of Mount Everest

