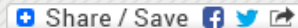


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Rising to the top is not easy for even the most talented women. It takes savvy, grit, and persistence. It requires the belief in one's future and the potential to reach goals. But beyond the obvious challenges that women encounter every day, more subtle yet influential factors that inhibit us from being successful are those internal barriers that deplete our effectiveness and rob us of the power we have but may not even recognize.

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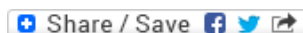
According to a 2013 Gallup survey, if you don't like your job, you're in the majority. Around twice as many employees said they were "actively disengaged" from their jobs than those who reported the opposite. Here are seven signs that it's time to go.

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Motivated Minute

Quotes to Inspire

"Everything that irritates us about others can lead us to an understanding of ourselves."
~ Carl Jung, M.D.

"People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents."
~ Andrew Carnegie

"Big jobs usually go to the men who prove their ability to outgrow small ones."
~ Ralph Waldo Emerson

Coaching Corner

Joel's Words of Wisdom







Are You Suffering from Burnout at Work?

According to a nationwide survey by Career.com, a whopping 77 percent of workers say they feel burnout on the job. If you're suffering from burnout, here are eight ways to prevent or treat burnout on the job.

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