## Glass ceiling or sticky floor?

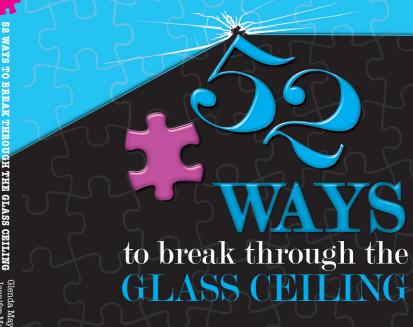
Do you feel that you've gone as far as you can with your current employer? Do you feel stuck? Are you working longer hours with little return? If so, you've hit the "glass ceiling" - the point where you can clearly see the next level of promotion, yet despite your best efforts, an invisible barrier seems to stop you from advancing.

As women, we need to understand these barriers: not only those imposed on us, **the glass ceiling**, but also our own personal and often unconscious resistance to playing the game, **the sticky floor**.

This book provides tips and tools to help you get off the sticky floor and break through the glass ceiling – to get you out of your comfort zone, take a risk and be the best you possibly can be.



www.glendamay.com.au www.orijen.com.au



Glenda May & Jennifer Morris

## "There is a special place in hell for women who don't help other women."

Madeleine Albright

Published in 2013 by Glenda May Consulting Pty Ltd Albert Park. Victoria, Australia

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