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# From Surviving to Thriving: A Woman's Guide to Success and Self-Leadership in the Workplace

*Sarah Cordner*

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# From Surviving to Thriving: A Woman's Guide to Success and Self-Leadership in the Workplace

*Sarah Cordner*

**From Surviving to Thriving: A Woman's Guide to Success and Self-Leadership in the Workplace**
Sarah Cordner
When you think about your career do you: • Feel disengaged? • Consider that you aren't achieving all you are capable of? • Find that no matter how hard you try, you aren't making headway? • Realise that your career has stalled? No matter at what stage of your career you are at, From Surviving to Thriving is written for women like you. This simple yet powerful guide combines self-development techniques, real life examples and practical exercises that will transform the results you are achieving into the career outcomes you deserve. Topics covered include: • Discovering the motivating force that drives everything you do and the impact it has on your results • How your ingrained values, beliefs and associated actions are sabotaging your career • Identifying these and the blueprint to change them • Language and communication strategies to improve your outcomes • Goal setting for success Don't let another day of your working life pass you by in mediocrity (or worse). Make the promise to yourself today to commit to understanding how to get on the path to greater happiness and success in your career. The great news is that the application of what you learn will have a positive impact all the other areas of your life as well.

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