



THE **NIA** GUIDE FOR BLACK WOMEN

Achieving Career Success On Your Terms

EDITED BY SHERYL HUGGINS AND CHERYL MAYBERRY MCKISSACK

Achieving Career Success On Your Terms The Nia Guide For Black Women

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The Nia Guide for Black Women Sheryl Huggins, Cheryl Mayberry McKissack, 2004 From NiaOnline com the leading online community site for black women comes the first in a new series of guides for today s African American working woman This resource is full of useful data helpful tips and personal stories to guide women to develop their leadership skills and pursue workplace success **Ebony** ,2005-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *Ebony* ,2004-11

The Publishers Weekly ,2004 New Books on Women and Feminism ,2005 **Book Review Index** ,2006 Every 3rd issue is a quarterly cumulation **Ebony** ,2000-12 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine The Nia Guide for Black Women Sheryl Huggins, Cheryl Mayberry McKissack, 2005 Second in a series of empowerment guides for black women developed by the editors and contributors to NiaOnline com Offers practical advice for balancing work and personal lives through tips suggestions and personal stories from successful black women Includes a list of resources catering to working women of color Provided by publisher **The Nia Guide for Black Women** Sheryl Huggins, 2005 From NiaOnline com the web s leading community site for black women a frank and personal guide to handling the complexities conflicts and challenges of being a successful black working woman today from balancing work and personal lives dealing with race and gender related issues in the office seeking out the most fulfilling work and finding the composure peace and strength necessary to fight and win the corporate wars Full of insightful perspectives on the realities of black women s working lives helpful tips and suggestions and personal stories from other successful black *To Our Little Sisters with Love* Karen W. Jenkins, Tracy L. Wise, 1997-12 The Nia Guide for Black Women Sheryl Huggins, Cheryl Mayberry McKissack, 2005 The third in a series of empowerment guides for Black women developed by NiaOnline com Offers practical advice for making positive choices in order to foster wellness in every aspect of life with tips suggestions and personal stories Includes a list of resources specifically for women of color Provided by publisher **Leading on Purpose** Julianna Hynes, PH D, 2020-06-14 Black women are now one of the most educated groups in the United States However our educational achievements haven t translated into representation in higher level higher paying roles within organizations In *Leading on Purpose* Dr Julianna Hynes shares her story of going from being aimless in her career to having crystal clear focus after clarifying her vision identifying her goals and mapping out a strategy to attain them She ll explore overarching barriers that have shut black women out of the upper echelons of corporate America and the importance of being a black female leader at this time in our country s history Dr Hynes also offers the secrets to leadership success gleaned through her professional experiences as well as the experiences shared by other black women leaders Secrets black women are rarely privy to but are still measured by Each chapter provides space for outlining your career strategy and a process to guide you in achieving your

dreams If you re ready to break through the barriers that have held you back and be the best you can be join Dr Hynes in learning how to Lead on Purpose

Working While Black: A Woman's Guide to Stop Being the Best Kept Secret Tana Session,2021-09-20 Black women are the highest educated group of employees in the workforce but continue to earn 0 67 for every dollar a White man earns And only two Black women hold the coveted position of CEO on the Fortune 500 list If they are doing all of the right things based on what they are told is required to earn career success why are they being left behind In Working While Black A Woman s Guide To Stop Being the Best Kept Secret Dr Tana M Session explains that many of the unfortunate disadvantages faced by Black women are actually the reasons why Black women are also the largest and fastest growing group of entrepreneurs They are opting out of a system that was not built for them to succeed Her candid stories of Black women in this book from multiple backgrounds and industries give a behind the curtain view of what typically happens to Black women along their corporate career track But it doesn t end with this empowering stories of success against the backdrop of adversities Dr Session also provides strategies for what it takes to Stop Being the Best Kept Secret R under the prescriptive captions of Own Your Power Own Your Truth Own Your Healing Own Your Worth and Own Your Destiny Readers will gain innovative tools to help avoid corporate landmines while gaining sponsors and allies along the way Dr Tana M Session personally experienced these landmines She felt like she was the only one and often felt very alone Through sharing these experiences with close friends and family and becoming a performance coach for Black women she learned that their stories were also her story Through her work she has gained the advocacy of other influential and successful women who trusted her to tell their stories for others to learn from as they grow in their careers and businesses

Work It! Kimberley Wilson,2000-03 Work It The Black Woman s Guide to Success At Work is the no nonsense non sugar coated guide to what every Black woman really needs to know about the business world

Work It, Girl! Lorraine Morris Cole,Pamela M. McBride,2007-09 Featuring advice and insight from Women who work It including Maria Dowd Founder of African American Women on Tour Valorie Burton Life Coach Author Crystal McCrary Anthony Television Host Author Monica Kaufman Pearson Television Anchor Kimberla Lawson Roby Bestselling Author Lisa Price CEO Michele Jones Command Sergeant Major U S Army Reserve and Janie Victoria Ward Professor Author and with a foreword by Claire McIntosh Editor Back cover

Dreaming on Purpose Ariane Hunter,2024-08-20 a must read for anyone at the cusp of a career change or those looking to follow a new path Cate Luzio Founder CEO of Luminary What do you want to be able to say about the life you ve lived and the dreams you followed Dreaming on Purpose A Manifesto for Black Women on Taking the Leap Building Your Dreams and Being Your Own Boss is a care centered career roadmap for Black millennial women who dare to look beyond outdated career norms redefine professional ambition and center their desires Featured in CNBC Business Insider and Fast Company Career Equity Consultant and author Ariane Hunter empowers you to redefine success and build sustainable businesses on your own terms Whether you re just starting out or considering a career change Dreaming on Purpose is a timeless

companion for those ready to turn their dreams into reality without sacrificing well being From overcoming imposter syndrome to navigating systemic barriers Ariane draws from her personal experience as a Bronx born suburban Long Island raised trailblazer to provide practical strategies and candid advice with a side of humor Dreaming on Purpose meets the moment as the number one guidebook for visionary Black women to reimagine their career path as a vessel for self discovery healing and liberation

The Black Pearls Club Tanya Grandison, Mackessa L. Holt, Xanthia J Dr Lakaisha T. Yarber Jarrett, 2017-12-29 Inspirational and Empowering Pearls of Wisdom for Women Navigating professional relationships can be challenging and overcoming common issues like sexism racism and ageism can be daunting for women These issues can even stifle a woman s career and keep her from achieving success if not addressed appropriately The four women who contributed to The Black Pearls Club A Woman s Guide to Success in the Workplace have seen it all Taking readers on a thought provoking life changing journey toward professional success they share their personal stories and the words of wisdom that helped them triumph over adversity and effectively manage their colleagues and supervisors Recognizing that there s a lesson in every experience these women share words of wisdom or black pearls used to overcome real life workplace issues and scenarios commonly experienced by women Each chapter in this guide offers the reader valuable advice on how to be a competent successful professional woman in today s society within a variety of professional settings The women s stories and guidance are useful to all women of all ages from the entry level professional to the seasoned professional woman Some would call it sage advice common sense or insight but the most precious gift the women of The Black Pearls Club offer is a loving helping hand to fellow women in the workplace

Prep, Push, Pivot Octavia Goredema, 2022-01-12 Advance your career with this insightful playbook for underrepresented women In Prep Push Pivot award winning career coach and author Octavia Goredema delivers an indispensable career coaching guide for women looking for a new job dealing with job loss pivoting to a new career or returning to the workforce after an extended absence You ll discover practical strategies you can implement at crucial times during your career ensuring your considerable talents and skills are used to their full potential In this important book you ll Discover your true worth cement your career values and carve out a realistic and aspirational career plan Learn how to position yourself for a promotion navigate a break in your career and integrate your role as a mother or caregiver with your professional life Deal with monumental career changes contribute to the development of the women around you and benefit from an array of professional resources in your journey forward Perfect for women who are ready to overcome any obstacles that await them Prep Push Pivot is a thoughtful road map to help women chart their professional and personal success

Playing a New Game Tammy Lewis Wilborn, PhD, 2022-10-11 Drawing on first hand clinical insight and scientific research this guide book offers advice on how women of color can be high performing and successful professionally without sacrificing their physical mental and emotional wellness a must have for Black women LaTonya Summers PhD LMHC LCMHC S Black and brown women have been making profound strides in leadership and

professional achievement despite facing the added hurdles of both sexism and racism in the workplace But so often excelling at work comes at the expense of their wellness The chronic stressors and demands on Black women can result in negative physical health outcomes such as sleep disturbance hypertension diabetes and negative mental health outcomes including anxiety and depression We cannot talk about career advancement for Black and brown women without talking about strategies that promote their total wellbeing Playing a New Game offers women a new way forward in which ambition and wellness can not only coexist but bolster each other With insights from her 20 years of professional counseling experience and extensive research mental health expert Dr Tammy Wilborn expands the dialogue on BIPOC womens experiences of race and gender stereotypes at work exploring them as a wellness issue Through her evidence based best practices that promote self care and self empowerment as necessary tools for professional success Black and brown women can flip the script by prioritizing their wellness even as they advance professionally Now available in paperback

The Next Little Black Book of Success Elaine Meryl Brown, Marsha Haygood, Rhonda Joy McLean, 2026-01-13 Rich with accessible no nonsense wisdom this invaluable guide shows women how to utilize their leadership ability and maximize their potential in all areas of their life As mentors in your pocket three successful Black women executives Elaine Meryl Brown Marsha Haygood and Rhonda Joy McLean share their strategies for playing and ultimately winning the power game in corporate America This updated edition of their 2009 classic The Little Black Book of Success offers all corporate professionals from college students to entry level employees senior executives to global leaders across all industries advice to help them find success Covering topics like navigating unconscious biases and microaggressions managing a global workforce returning to the office after years of remote work and the importance of self care this edition has been optimized for today s culturally and politically complex world Anchored in the wisdom of experience navigating their own transitions from high powered corporate jobs to becoming entrepreneurs authors public speakers and community leaders Brown Haygood and McLean share all they have learned and wish they had known so future generations of professionals can benefit and flourish at work and beyond

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