We Lead Book Club

- Check In
- Review
- Conversation Starter
- Breakout Groups: Chapter Discussion
- Summary
How Are You?
Maslow’s Hierarchy of Needs

- **Physiological needs**: air, water, food, shelter, sleep, clothing, reproduction
- **Safety needs**: personal security, employment, resources, health, property
- **Love and belonging**: friendship, intimacy, family, sense of connection
- **Esteem**: respect, self-esteem, status, recognition, strength, freedom
- **Self-actualization**: desire to become the most that one can be
Change

STAGES OF CHANGE

PRE-CONTEMPLATION
no intention on changing behaviour

CONTEMPLATION
aware a problem exists but with no commitment to action

ACTION
active modification of behaviour

MAINTENANCE
sustained change; new behaviour replaces old

RELAPSE
fall back into old patterns of behaviour

UPWARD SPIRAL
learn from each relapse

PREPARATION
intent on taking action to address the problem
Overcoming Adversity
Chapter 4 Appearance

• The elephant in the room (or in the book)
• Not a fan of how this information was presented.
• We are by no means suggesting that you do/don’t have plastic surgery.
• Differences by department
• What’s working?
• What could be improved?
• What’s ideal?
Discussion Starter

What are bosses and colleagues looking for?
Breakout

Question 1

How do we change the cultural expectations for how women should look?

How are the expectations similar or different than other places you have worked?
Breakout Question 2: Tactics

- Showcase your strengths
- Seek professional assistance
- Dress for the environment
- Dress within your budget
- Accessorizing
Summary

• Reflect on what you learned today.
• Make a plan.
• Invite others to join us.
• Inquire about We Lead membership Heather Varela: Hvarela@shsu.edu
• Feedback about the presentation, Lisa Chaddick: LChaddick@shsu.edu
• Next book club meeting is Wednesday, March 10th at 12 noon.
• We will discuss chapters 5 & 6.
• Start thinking about future book club books (e.g., genres, fiction)