

Do's and Don'ts for Young Professional Women

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In 2012, I had the pleasure of attending the last networking event organized by WEST. It was an excellent event that featured successful women with a humanistic voice, who shared openly their failures and lessons learned. I felt the need to summarize these learnings to further share with you.

For all of us the journey through life is as unique as each one of us. There is no recipe to success and no magical plans. There are some techniques, however, that have been tested and proven effective. Success stories are nice to be heard, but failures and how people dealt with them are more important lessons.

Here are a few notes regarding do's and don'ts, especially for young or early career stage women in the workplace.

- Whenever you feel scared, do not shield yourself from life. Ask for help. Surprisingly, you will find out that people are willing to help.
- Invest time and effort to create, maintain and expand your network in anyway you can. It is your safety net! Think inside and outside of the industry of your interest. Be creative and stay genuine.
- Do not assume that hard work and commitment will help you climb the ladder of success. Find internal and external champions and build your personal brand.
- Typical work life is no different from a shopping experience. You enjoy it, but sometimes it can be frustrating. Having a trusted friend to get a second opinion always helps, but a bargain is not always what you are looking for.
- Think of yourself as a strong, confident and happy woman, because you have talents. Understand your strengths. Investing in your strengths will make you shine!
- But do not be afraid to take risks!
- And remember: always stand up for yourself; do it with finesse and never quit the fight, without having a back-up plan.