

# A Joosr Guide to... Lean In by Sheryl Sandberg: Women, Work, and the Will to Lead

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Even in today's modern society, there are still far too few women in leadership roles. Gain insight into this pervasive inequality, and learn how you and others can level the playing field.

As a woman in business, Sheryl Sandberg has experienced gender stereotyping and other workplace challenges time and again. She wrote Lean In to highlight the widespread gender imbalance in almost every aspect of life. But what Sheryl didn't expect to notice is that women hold themselves back, often just as much as men do, if not more. By learning the reasons for this, and how to overcome them, you can teach yourself and others how to make the business world and beyond a much more balanced and equal place for both men and women.

You will learn:

 $\cdot$  How to stop being your own worst enemy both personally and professionally

 $\cdot$  How to defeat your own biases and win more opportunities for yourself in positions of power and responsibility

 $\cdot$  What you can do at home and at work to fight gender discrimination.

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