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The Future Is Female: How Women Can Thrive in the Workplace

Making it in the workplace can be a daunting prospect for women. There are male-dominated industries to enter and [glass ceilings to break](#), all while advocating for yourself and empowering other women in their journeys. If you're getting out of a domestic abuse situation, then navigating these challenges can be all the more difficult. But the uphill battle is worth the effort. Keep reading for more on how to transform your life by excelling at work from [the Professional Women's Alliance](#).

Navigating Promotions

In a recent study, the Harvard Gazette reported that [women are less likely to ask](#) for a promotion, even if they have the necessary skills and qualifications. The reality is that most women haven't learned [the art of self-promotion](#). This essential tool is worth remembering, as it will help in career advancement, performance reviews, and even networking. Begin by

evaluating your position and where you're at, and if you feel you need that promotion — advocate for it. When doing so, be sure to have stats and data about your contributions and how you've benefited the company, as this will make the process a lot easier.

Changing Careers

If you've been at your current job for a while, you may be feeling like the job isn't serving you anymore. It's normal to reach a point where you feel stagnant and unchallenged, which is when it may be worthwhile to explore alternative options. Changing careers is [an excellent way to add](#) a new skill set and range of experiences to your resume. But how can you make the transition successfully?

Begin by mapping out all the potential outcomes upfront, so you're not dealing with surprises down the line. Calculate if you have enough income to tide you over, what kind of education or training programs to pursue, and the impact of the change on your career. From there, [begin networking with other women](#) who have been through a similar journey. Keeping communication open and using your contacts will go a long way in a successful career transition. Consider [joining the Professional Women's Alliance](#) to make connections with other career-focused women.

Make sure that your resume is up to date and truly features who you are and what you have done. Use [a free resume creator](#) to ensure it has a professional feel that is appropriate for your industry. There are plenty to choose from, and editing them for your specific needs is easy. And ask a few friends or colleagues to review your draft before sending it off. This step will keep you from downplaying your experience and make sure that you are clear about your accomplishments.

Start Your Dream Business

If you're still concerned about your next steps, why not open that business you've always dreamt about? Many people have entrepreneurial ventures on their vision board but rarely make it to the execution stage. But pursuing a business passion is a [fulfilling and rewarding process](#) that can be a turning point in your career. Starting a business is also an excellent option if you're coming out of a problematic domestic abuse situation or perhaps a divorce because it allows you to seize back the narrative. You'll be in control of all the decisions and operations, which can be a relief after years of subservience (or difficult bosses).

Be sure to do lots of research before you start your business. Many entrepreneurs also choose to form a corporation, as this offers protection against liabilities, reduced

paperwork, and increased tax benefits. File yourself to reduce hefty lawyers' fees or use a formation service to make the job easier. Do note that states have varying regulations around incorporation, so check out the rules in your state before proceeding.

Embrace Your Power

According to a report by McKinsey and Company, [women's representation in work and business](#) has significantly improved since 2020. However, the report also states that women are more burned out than their male counterparts and less likely to progress to more senior levels. That's why we need strong, empowered women like yourself embodying the change today. Good luck, and you've got this!