

A FREE GUIDE TO 3 STRATEGIES FROM A FORMER SVP
AT A FORTUNE 40 COMPANY



MY
350-
POUND
LIFE
IN CORPORATE

Stacy G. Fisher

ARE YOU A TALENTED, POWERFUL CORPORATE CAREER WOMAN WHO FEELS HELD BACK BY YOUR SIZE?

- The accusing gaze, the off-handed remark about your weight, the feeling that you are being devalued and overlooked as compared with colleagues whose weight fits the mainstream ideal?
- You are not imagining it. According to countless studies, weight bias in the workplace is real.

I'VE BEEN THERE

- I experienced all that and more. But, while I was 5'1" and 350 pounds, I earned the title of senior vice president at Wells Fargo.
- There are many strategies that I used to navigate this often discouraging journey. Here are my top three.

THREE STRATEGIES

- RELATIONSHIPS
 - Build a network. You need to cultivate mentors, sponsors, stakeholder advocates and foster a diverse, cross-generational network of co-workers who can also advocate for you when you're not in the room.
 - This also strengthens your ability to influence without the authority of a direct line of command and allows you the opportunity to demonstrate that you work well across multiple stakeholder groups.
 - Give yourself permission to advocate for yourself if a comment is made about your age, weight or gender.
- COMMUNICATION
 - Telling your story. Keep track of your projects. Highlight your subject matter expertise. Reflect on your capability and accomplishments, what you learned and the value of your contribution to the business objective being met or exceeded.
 - It also builds a record for you if you do need to interview elsewhere.
 - Be proactive in your performance evaluations and creating annual goals.
 - Use the SMARTER framework and gain agreement with your manager.
 - Finally, update your resume, at least once a year, so that it is always current.
 - These activities will give you a greater sense of confidence and ability to control your future.
- LEADERSHIP BRAND
 - Manage up by being accurate and timely with the status or assignments, honest about challenges to the success, and options for potential solutions that are data driven and innovative.
 - This creates visibility and credibility.
 - Personal style matters. We all have to dress for the job we want. Spend honest time with yourself, going through your closet and looking in the mirror to give yourself every advantage in our image conscious world.
 - Challenge your own bias about how you're perceived and avoid getting stuck in your own assumption. What you tell yourself about yourself is POWERFUL. Practice managing your mindset.

BONUS STRATEGY: Make this work for you!



CLICK to book a Complimentary 'Success at Any Size' Career Breakthrough Call



- Stacy has a unique ability to provide you with strategic consultative coaching that will meet your objectives.--Susan E.
- Her insights are on point and truly succeed in building capacity and confidence in those she coaches.--Lori C.

STACY G. FISHER: Corporate Leadership & Career Coach.
Principal, Stacy G. Fisher Coaching.
stacy@stacygfisher.com | www.stacygfisher.com