

Ways to stay empowered

Print these out and stick them in your workspace and review.

- Don't take things personally.
- Don't make excuses.
- Get to the point. You have 5 seconds to get his attention.
- Don't accept poor treatment from anyone.
- Don't declare war on others openly.
- Keep personal information...personal. Don't share with business contacts.
- Don't ask for external affirmation.
- Don't gossip or share secrets.
- Don't expect fairness. Choose who you will and won't do business with.
- Don't try to be liked or selfless. It is more important to be respected.
- Ask for what you want (not what you think you can get).
- Get clear on business endorsement and find someone who can help you build business in a way you want to build it.

Set an example for the women you work with by keeping your professional power. Remember that 'once you know...you can't un-know.'

If you want more information on the Alpha Male and dealing with him, check out "What Men Don't Tell Women About Business" (Wiley & Sons) by Christopher Flett