



# Shift Into Thrive: Six Strategies for Women to Unlock the Power of Resiliency

*Lynn M Schmidt, Kevin Nourse*

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The winner of the 2016 Idaho Author Awards, *Shift Into Thrive* provides six resilience-building strategies that women use successfully to thrive in the face of career challenges. These six powerful strategies, practical action steps, and inspiring stories from women around the world will enable you to create a career accompanied by growth, success, and satisfaction. Resilient women overcome obstacles and create the extraordinary careers they both desire and deserve. The ability to thrive in the midst of adversity is not a given; it is an intentional choice. Women who consciously make that choice are more likely to be transformed by their challenges.

Schmidt and Nourse each have over 20 years of experience helping women and men achieve career success. They are experts in the field of leadership development and provide leadership strategies to individuals, teams, and organizations. They conducted over one hundred interviews with executive coaches and women from around the world to determine the best resilience-building strategies for women.

While much has been learned in the past 30 years about the value women create for organizations, recent research indicates that women are still facing significant barriers to gender equality in the workforce and to advancement into leadership roles. Women frequently experience unique roadblocks like gender bias and stereotypes that are difficult to overcome and extract a big price both personally and professionally. In *Shift into Thrive*, Drs. Lynn Schmidt and Kevin Nourse explore the barriers women face in the workplace, the importance of resiliency as a key to career success, and practical ways for women to enhance their resiliency.

*Shift Into Thrive* is an exciting new addition to a genre of books dedicated to helping women achieve successful and satisfying careers, including those written by Sheryl Sandberg, Katty Kay, and Claire Shipman. It was selected as the #1 new release for health & stress and work life balance on Amazon.

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