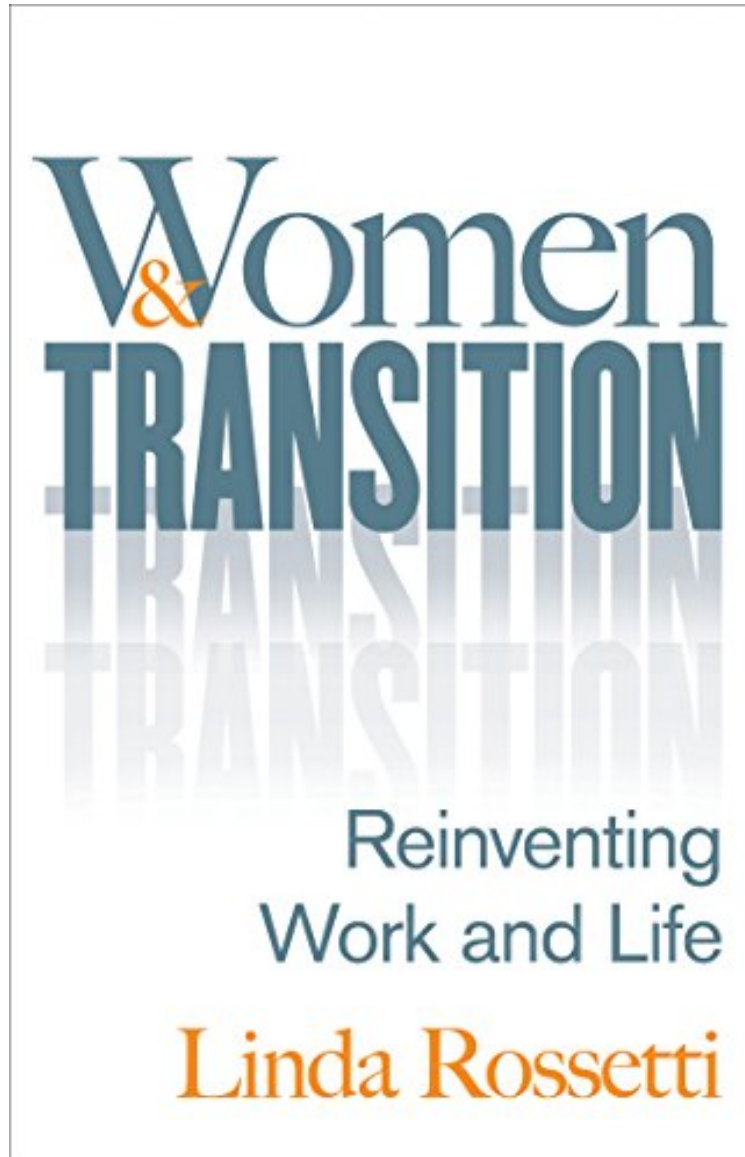


(Free pdf) Women and Transition: Reinventing Work and Life

## Women and Transition: Reinventing Work and Life

*Linda Rossetti*

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**Linda Rossetti : Women and Transition: Reinventing Work and Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Women and Transition: Reinventing Work and Life:

1 of 1 people found the following review helpful. Grateful for the book's range of experiencesBy Susan M.I am grateful for the wide range of experiences touched on in the book. And, I found this book offered validation for my own wide range of transitions. A few years ago, I attended a women's group run by a counselor, and she offered a narrow view of transitions. ( She said that if it took a woman more than six months to go through a transition, then the woman likely had a clinical pathology that needed to be explored. I soon left that group, as the narrow view didn't sit

right with me.) I'll also note, thankfully, that the book and the comments may not emphasize the relentless Lean-In philosophy that some assume most professional women should share. As a 20 year veteran of corporate America, I've always worked hard to combine my job with some meaningful volunteering, and the corporate ladder provided less attraction for me. I've had a successful career, but on my own terms. I did not find the model as useful as other readers. For me, stories with outcomes tend to have more impact. 2 of 2 people found the following review helpful. and I recommend it to every woman who is facing a career ...By Kate Attea I devoured this book! It resonated deeply, and I recommend it to every woman who is facing a career or life turning point. Rossetti's assertions are based in well-researched concepts and data, and presented through personal, relatable and empowering vignettes. What further differentiates her book is that she presents a clear, actionable framework and approach; which harnesses both values and data; for readers to confidently embark on the transition process. I finished this book feeling clarity on my own career transition, empowered to coach other women through transition, and prepared to instill transition awareness to my four children (three of whom are girls). Bravo! 10 of 10 people found the following review helpful. Supportive and Practical Advice for Doing Tough Stuff By Maria K This book was very true to how the author describes it: "a practical toolkit for those who choose to pursue transition in their own lives". It is also a thoughtful, realistic and approachable tool kit. First, Ms. Rossetti supports her definition and process of transition with both a scholarly review of other literature and accessible empirical information. By sharing her own story and that of others, she grounds the entire conversation for the reader as she discusses the mechanics of transition. The author does not sugar coat that transition takes effort. This effort is very clear when the reader gets to the Toolkit part of the book. Ms. Rossetti recommends quite a few exercises, including the involvement of peers and friends. The recommendations are straightforward and examples help the reader through the process somewhat. At first reading, I thought this part of the book could be a bit daunting in terms of the time, and the assumed ability of the reader to self-identify themes and be very introspective. However, the author is very encouraging to readers to take baby steps, acknowledge the difficulty in transition and see rewards along the way. She explicitly speaks to the constraints and obstacles women face. Since we know Ms. Rossetti is speaking from experience, the entire endeavor feels supported, like having a knowledgeable, positive coach along the way.

Women Transition introduces women to a new way of thinking about the events that shape their adult lives - like marriage or job loss or empty nests - and offers a step-by-step toolkit specifically designed to help women navigate transition successfully. In a recent study, ninety percent of women stated that they 'expect to transition' within the next five years. The book helps women increase their awareness of transition and understand it as positive and optimistic, a substantive departure from the negative characteristics typically ascribed to it.

"In the 1970s, Betty Friedan touched a deep chord in American women when she addressed 'the problem that has no name' in *The Feminine Mystique*. Linda Rossetti taps this generation's 'problem that has no name': *Transitions*. Original, insightful, personal and yet universal, and keenly realistic, this book is a must-read for every woman seeking to pursue her unique life." - Evelyn Murphy, MA Lt Governor and President of The Wage Project "Linda Rossetti's book opened my eyes to new and refreshing views of the challenges they face in transitions. As the CEO of an organization with a large percentage of women leaders, Linda's insights provide me with a whole new way of understanding what transitions mean." - David Segal, President and CEO, Neighborhood Health Plan "This is a wakeup call for women on the fast track of their career. *Women Transition* brilliantly establishes that career transitions are more than the literal move from one position to another - it's equally about the psychological transition that occurs during this time. Rossetti establishes that transitions are especially important for career women to know about because there are factors - such as their view of themselves as caregivers, how society sees their capability versus men, and women's views of their own capabilities - that greatly influence HOW career women manage their transitions." - Beverly Edgehill, VP The TJX Companies, Inc., and former CEO and President of The Partnership, Inc. From the Back Cover Have you ever experienced a job loss, an empty nest, menopause, childbirth, marriage, divorce, infertility, retirement, a career change, a geographic move, a change in health status or other similarly weighty life event? Each one can begin a transition, a unique opportunity to realign your life, nourish the person you are, and live the life you imagine. This book helps readers understand transition and presents a unique step-by-step roadmap every woman can use to make transition positive, optimistic and approachable throughout her life. Even with a Harvard MBA and a track record of great success behind her, author Linda Rossetti faced a wrenching transition after realizing the career path she had spent years building was no longer suitable or sustainable. She was in her mid-forties, a senior executive at a Fortune 500 Company with countless hours logged in conference rooms, hotel rooms and on airplanes, when both her family and professional life began to unravel. She sought out change - like many women - a new job, less travel, more time at home, but quickly realized this was not the answer. Rossetti's transition story coupled with the frustration felt by millions of women with similar experiences set Rossetti on a course to search for answers. Rossetti found the answers in the transition experiences of hundreds of women whom she interviewed over three years. *WOMEN TRANSITION* was born out of those conversations. The story is told in the author's own voice and the voices of many of these women

who shared their heartfelt transition stories with her. **WOMEN TRANSITION** defines transition, introduces a toolkit for transitioning, and delivers a roadmap for women from all walks of life to take the next steps on their own journey. Woven throughout this valuable transition blueprint are real - human -stories that constantly inspire and remind us that we are not alone in this journey. **WOMEN TRANSITION** is a chronicle of modern day women's experience and an irreplaceable guide that will help women of all ages. This book was created for women to take on transition and to find a path that opens opportunity. For more information please go to [womenandtransition.com](http://womenandtransition.com): There you will find tools, resources and interviews to help you navigate your own transition. About the Author Linda Rossetti focuses on research, writing and advocacy on subjects related to women's development. She also serves as managing director for Golden Seeds, LLC, an angel capital network that works with emerging women-led businesses. Linda is a sought-after speaker on a wide range of issues affecting women and business. She is an active contributor to several boards and is known for her interest in topics related to executive performance and the alignment between strategy and compensation. Prior to her current commitments, she served as Executive Vice President of Human Resources and Administration for Iron Mountain, a Fortune 500 company; and as CEO of a venture capital-backed technology start-up. She holds an MBA from the Harvard Business School and a BA from Simmons College.