



# Contents

|                   |              |
|-------------------|--------------|
| Foreword          | <u>xvii</u>  |
| Preface           | <u>xxi</u>   |
| Acknowledgments   | <u>xxiii</u> |
| About the Editors | <u>xxv</u>   |

## CHAPTER 1

|                         |          |
|-------------------------|----------|
| Julie-Ellen Acosta      | <u>1</u> |
| About the Author        | <u>1</u> |
| Questions and Answers   | <u>2</u> |
| Personal Career Insight | <u>2</u> |
| Work/Life Balance       | <u>3</u> |
| Mentorship/Sponsorship  | <u>5</u> |
| Avoiding a Stall        | <u>6</u> |
| Powering On             | <u>7</u> |

## CHAPTER 2

|                         |           |
|-------------------------|-----------|
| Alina Alexeenko         | <u>9</u>  |
| About the Author        | <u>9</u>  |
| Questions and Answers   | <u>10</u> |
| Personal Career Insight | <u>10</u> |
| Work/Life Balance       | <u>10</u> |
| Mentorship/Sponsorship  | <u>10</u> |
| Avoiding a Stall        | <u>10</u> |
| Powering On             | <u>11</u> |

**CHAPTER 3****Kim Ashmun** [13](#)**About the Author** [13](#)**Questions and Answers** [15](#)Personal Career Insight [15](#)Work/Life Balance [15](#)Mentorship/Sponsorship [16](#)Avoiding a Stall [17](#)Powering On [17](#)**CHAPTER 4****Carina Greaves Birgersdotter** [19](#)**About the Author** [19](#)**Questions and Answers** [21](#)Personal Career Insight [21](#)Work/Life Balance [21](#)Mentorship/Sponsorship [22](#)Avoiding a Stall [22](#)Powering On [23](#)**CHAPTER 5****Lisa B. Callahan** [25](#)**About the Author** [25](#)**Questions and Answers** [26](#)Personal Career Insights [26](#)Work/Life Balance [27](#)Mentorship/Sponsorship [28](#)Avoiding a Stall [29](#)Powering On [30](#)**CHAPTER 6****Mary Anne Cannon** [33](#)**About the Author** [33](#)**Questions and Answers** [35](#)Personal Career Insight [35](#)

|                        |           |
|------------------------|-----------|
| Work/Life Balance      | <u>36</u> |
| Mentorship/Sponsorship | <u>36</u> |
| Avoiding a Stall       | <u>37</u> |
| Powering On            | <u>37</u> |

## CHAPTER 7

### Charmaine Chin 39

#### About the Author 39

#### Questions and Answers 40

|                         |           |
|-------------------------|-----------|
| Personal Career Insight | <u>40</u> |
| Work/Life Balance       | <u>40</u> |
| Mentorship/Sponsorship  | <u>41</u> |
| Avoiding a Stall        | <u>41</u> |
| Powering On             | <u>42</u> |

## CHAPTER 8

### Nagin Cox 43

#### About the Author 43

#### Questions and Answers 44

|                         |           |
|-------------------------|-----------|
| Personal Career Insight | <u>44</u> |
| Work/Life Balance       | <u>44</u> |
| Mentorship/Sponsorship  | <u>45</u> |
| Avoiding a Stall        | <u>45</u> |
| Powering On             | <u>46</u> |

## CHAPTER 9

### Kirsten Dreggors 47

#### About the Author 47

#### Questions and Answers 48

|                         |           |
|-------------------------|-----------|
| Personal Career Insight | <u>48</u> |
| Work/Life Balance       | <u>48</u> |
| Mentorship/Sponsorship  | <u>49</u> |
| Avoiding a Stall        | <u>49</u> |
| Powering On             | <u>50</u> |

**CHAPTER 10****Kathryn Elliott** [51](#)**About the Author** [51](#)**Questions and Answers** [52](#)Personal Career Insight [52](#)Work/Life Balance [52](#)Mentorship/Sponsorship [54](#)Avoiding a Stall [55](#)Powering On [56](#)**CHAPTER 11****Carol Erikson** [57](#)**About the Author** [57](#)**Questions and Answers** [58](#)Personal Career Insight [58](#)Work/Life Balance [59](#)Mentorship/Sponsorship [61](#)Avoiding a Stall [62](#)Powering On [63](#)**CHAPTER 12****Kim Ernzen** [65](#)**About the Author** [65](#)**Questions and Answers** [66](#)Personal Career Insight [66](#)Work/Life Balance [66](#)Mentorship/Sponsorship [68](#)Avoiding a Stall [68](#)Powering On [69](#)**CHAPTER 13****Annabel Flores** [71](#)**About the Author** [71](#)**Questions and Answers** [72](#)Personal Career Insight [72](#)

|                        |           |
|------------------------|-----------|
| Work/Life Balance      | <u>73</u> |
| Mentorship/Sponsorship | <u>73</u> |
| Avoiding a Stall       | <u>74</u> |
| Powering On            | <u>74</u> |

## CHAPTER 14

### Linda Flores 77

#### About the Author 77

#### Questions and Answers 78

|                         |           |
|-------------------------|-----------|
| Personal Career Insight | <u>78</u> |
| Work/Life Balance       | <u>78</u> |
| Mentorship/Sponsorship  | <u>79</u> |
| Avoiding a Stall        | <u>80</u> |
| Powering On             | <u>80</u> |

## CHAPTER 15

### Mary Lee Gambone 81

#### About the Author 81

#### Questions and Answers 82

|                         |           |
|-------------------------|-----------|
| Personal Career Insight | <u>82</u> |
| Work/Life Balance       | <u>83</u> |
| Mentorship/Sponsorship  | <u>84</u> |
| Avoiding a Stall        | <u>85</u> |
| Powering On             | <u>85</u> |

## CHAPTER 16

### Neri Ganzarski 87

#### About the Author 87

#### Questions and Answers 88

|                         |           |
|-------------------------|-----------|
| Personal Career Insight | <u>88</u> |
| Work/Life Balance       | <u>89</u> |
| Mentorship/Sponsorship  | <u>90</u> |
| Avoiding a Stall        | <u>91</u> |
| Powering On             | <u>92</u> |

**CHAPTER 17****Joan Higginbotham** **93****About the Author** **93****Questions and Answers** **94**Personal Career Insight 94Work/Life Balance 94Mentorship/Sponsorship 96Avoiding a Stall 96Powering On 97**CHAPTER 18****Raelyn Holmes** **99****About the Author** **99****Questions and Answers** **100**Personal Career Insight 100Work/Life Balance 101Mentorship/Sponsorship 104Avoiding a Stall 104Powering On 106**CHAPTER 19****Lynne Hopper** **109****About the Author** **109****Questions and Answers** **110**Personal Career Insight 110Work/Life Balance 110Mentorship/Sponsorship 112Avoiding a Stall 112Powering On 113**CHAPTER 20****Kathleen C. Howell** **115****About the Author** **115****Questions and Answers** **116**Personal Career Insight 116

|                        |            |
|------------------------|------------|
| Work/Life Balance      | <u>116</u> |
| Mentorship/Sponsorship | <u>117</u> |
| Avoiding a Stall       | <u>117</u> |
| Powering On            | <u>118</u> |

## CHAPTER 21

### Miyuki Humer 119

#### About the Author 119

#### Questions and Answers 120

|                         |            |
|-------------------------|------------|
| Personal Career Insight | <u>120</u> |
| Work/Life Balance       | <u>120</u> |
| Mentorship/Sponsorship  | <u>120</u> |
| Avoiding a Stall        | <u>121</u> |
| Powering On             | <u>121</u> |

## CHAPTER 22

### Jamie Korman 123

#### About the Author 123

#### Questions and Answers 124

|                         |            |
|-------------------------|------------|
| Personal Career Insight | <u>124</u> |
| Work/Life Balance       | <u>124</u> |
| Mentorship/Sponsorship  | <u>126</u> |
| Avoiding a Stall        | <u>126</u> |
| Powering On             | <u>127</u> |

## CHAPTER 23

### Lorraine Martin 129

#### About the Author 129

#### Questions and Answers 130

|                         |            |
|-------------------------|------------|
| Personal Career Insight | <u>130</u> |
| Work/Life Balance       | <u>133</u> |
| Mentorship/Sponsorship  | <u>134</u> |
| Avoiding a Stall        | <u>134</u> |
| Powering On             | <u>135</u> |

**CHAPTER 24****Lourdes Maurice** **137****About the Author** **137****Questions and Answers** **139**Personal Career Insight 139Work/Life Balance 140Mentorship/Sponsorship 140Avoiding a Stall 141Powering On 142**CHAPTER 25****Beth Moses** **145****About the Author** **145****Questions and Answers** **147**Personal Career Insight 147Work/Life Balance 148Mentorship/Sponsorship 148Avoiding a Stall 149Powering On 150**CHAPTER 26****Doline Peterson** **153****About the Author** **153****Questions and Answers** **154**Personal Career Insight 154Work/Life Balance 156Mentorship/Sponsorship 157Avoiding a Stall 157Powering On 158**CHAPTER 27****Deb Rayburn** **159****About the Author** **159****Questions and Answers** **160**Personal Career Insight 160



|                        |            |
|------------------------|------------|
| Work/Life Balance      | <u>160</u> |
| Mentorship/Sponsorship | <u>162</u> |
| Avoiding a Stall       | <u>163</u> |
| Powering On            | <u>164</u> |

## CHAPTER 28

### Tammy Reeve 165

#### About the Author 165

#### Questions and Answers 166

|                         |            |
|-------------------------|------------|
| Personal Career Insight | <u>166</u> |
| Work/Life Balance       | <u>166</u> |
| Mentorship/Sponsorship  | <u>168</u> |
| Avoiding a Stall        | <u>168</u> |
| Powering On             | <u>168</u> |

## CHAPTER 29

### Tamaira Ross 169

#### About the Author 169

#### Questions and Answers 170

|                         |            |
|-------------------------|------------|
| Personal Career Insight | <u>170</u> |
| Work/Life Balance       | <u>171</u> |
| Mentorship/Sponsorship  | <u>172</u> |
| Avoiding a Stall        | <u>173</u> |
| Powering On             | <u>174</u> |

## CHAPTER 30

### Ginger Shao 175

#### About the Author 175

#### Questions and Answers 176

|                         |            |
|-------------------------|------------|
| Personal Career Insight | <u>176</u> |
| Work/Life Balance       | <u>177</u> |
| Mentorship/Sponsorship  | <u>178</u> |
| Avoiding a Stall        | <u>179</u> |
| Powering On             | <u>180</u> |

**CHAPTER 31****Bridget Sheriff** **181****About the Author** **181****Questions and Answers** **182**Personal Career Insight 182Work/Life Balance 182Mentorship/Sponsorship 183Avoiding a Stall 183Powering On 183**CHAPTER 32****Amanda Simpson** **185****About the Author** **185****Questions and Answers** **187**Personal Career Insight 187Work/Life Balance 188Mentorship/Sponsorship 188Avoiding a Stall 189Powering On 190**CHAPTER 33****Karen Taminger** **193****About the Author** **193****Questions and Answers** **194**Personal Career Insight 194Work/Life Balance 195Mentorship/Sponsorship 196Avoiding a Stall 196Powering On 197**Epilogue** **199****Index** **201**