



Schenectady Business & Professional Women's Club, Inc.

Dr. Laura Schweitzer gave a wonderful acceptance speech during our Woman of the Year Celebration on Sunday, November 2, 2014 at The Glen Sanders Mansion. Many of our guests have asked for a copy of the "Top10" pieces of advice for young women seeking leadership positions. I reached out to Dr. Laura and she provided us with the following:

Dr. Laura Schweitzer's top ten list of advice for young women seeking leadership positions:

- Number 10** - Finish your education. Get as high a degree as possible. Each new degree opens new doors.
- Number 9** - Work hard. Be prepared to pay your dues. You have to have accomplishments and earn respect before you can expect to be advanced.
- Number 8** - Don't make decisions that are career limiting, do not get pigeonholed, keep your options as wide open as possible.
- Number 7** - Regarding work and life balance – work and life run in parallel but you will really be faced with choices that run in series. My advice is...Focus. When you are at home focus on that and put in a 100% effort. When you are at work focus on that 100%.
- Number 6** - Help the women behind you. When it comes down to the end, it is only the individual people you have helped that really matter.
- Number 5** - Be vigilant. I have observed advances for women, but I have also seen significant backsliding. Remain vigilant.
- Number 4** - Often when women take strong stands like a man they are criticized. Do not just stand by and watch that, challenge it. Ask yourself "if she were a man saying or doing exactly the same thing, would the reaction have been the same?"
- Number 3** - Women tend to volunteer and take on a million responsibilities. If small favors and service obligations are like feathers, do not forget that a ton of feathers still weigh a ton. They will weigh you down, they will stop you. Therefore...
- Number 2** - Learn how to say no. BUT...
- Number 1** - have the courage to say yes when faced with a challenging, but career advancing opportunity.



Dr. Laura Schweitzer, Ph.D.
Schenectady BPW's
2014 Woman of the Year