

# 10 THINGS

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## EMPOWERING Female LEADERS



FEMALE LEADERS  
SHOULD **NOT** DO

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ULRIKE SEMINATI



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## **Doubting if you are good enough**

We all know these moments when we feel that we are not up to the task or the challenge ahead of us. But is that really the case? Or are we just particularly critical of ourselves? Self-doubt is not helpful when we want to develop quickly and set higher goals. Observe how many times a day you ask yourself if you are good enough. And then answer that question for yourself with a clear:

"Yes, I am good enough!"

2

## **Diminishing your achievements**

How do you react to compliments? Are you answering with "Thank you, but...?" Learn to take in positive remarks from others without downplaying them, neither towards the person who is complimenting you nor towards yourself. Celebrate your achievements instead - even the smallest ones - and actively promote your bigger achievements by speaking about them to colleagues, your boss, and in your private life. You will see what a positive influence this has on what you think about yourself.

3

## **Trying to please everyone**

Many of us were brought up with the belief that we should please everyone, and we carry that belief with us to this day. But it is simply impossible to please everyone, and so it is a waste of energy to try to achieve that lofty goal. Instead, determine for yourself what is important to you and learn to stick to your own rules and values rather than the expectations of others.

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## **Blaming yourself**

Blame is not a constructive feeling, it blocks energy that you could use for your further development. If something goes wrong, blame yourself once and move on! Stop coming back to apparent shortcomings and focus on what you have learned and the next steps.

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## **Not setting boundaries**

How do you feel when you want to say "no"? And how often do you actually say it? Being able to say no elegantly and without guilt when you don't want something is a skill you can learn. Why not start practicing today!





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## Sticking to perfection

Do you feel like being under a lot of pressure to get everything right? If you are bluntly honest with yourself: Who is putting this pressure on you? You are probably the one who exerts a significant amount of that pressure on yourself. Let go a little more and act according to the motto "Better done than perfect"!



7

## Feeling guilty when outgrowing others

People who want you to grow will follow you even when you make a quantum leap forward. It is your life and you have the right to step into all your power. Never let guilt slow you down and allow yourself to be a little selfish and follow your dreams with conviction.

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8

## Asking for permission

How often do you consult other people before doing or deciding something? Seeking valuable advice from others is one thing, but if it means that you are not taking action without encouragement or permission, it is time to free yourself from that approach. Dare to act unapologetically without asking for the permission of others. Why? Because you have it all and you can learn to rely on yourself.

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## Comparing yourself to others

How often do you think "I'd like to be like that?" It's okay to use other people as role models. However, it is important not to fall into the trap of constantly comparing yourself to other, seemingly more successful or happier people. Keep a close eye on who you follow on social media and how you feel about it. Remove all accounts that leave feelings of self-doubt and focus on your own development by comparing yourself exclusively to the person you were yesterday!

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## Avoiding to take risks

It is precisely in risky decisions where the greatest opportunities for development lie. Successful leaders, therefore, do not avoid such decisions, but even seek them out. Dare to take a riskier step the next time such an opportunity presents itself. If it goes wrong, you can learn a lot from it and develop yourself further.