

YOU

GOT

THIS

Women in Fiber: July 16, 2024  
Ashley Travers



# Feedback is a Gift

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**Timing is crucial**

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**Select the right person and method**

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**Be clear**

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**Ask open-ended questions**

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**Be open**

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**[You Need Tough Feedback – Here’s How to Get it](#)**  
(HBR)

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**[Effective Phrases for Performance Appraisals](#)** by  
James E. Neal

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**[For your Improvement](#)** by Michael Lombardo

# Being Taken Seriously

- Dress the part
- Speak up
- K.I.S.S.
- This might be a “dumb” question....
- Yeah, but → Yes, and
- Mentors
- Practice public speaking
- Ask for help



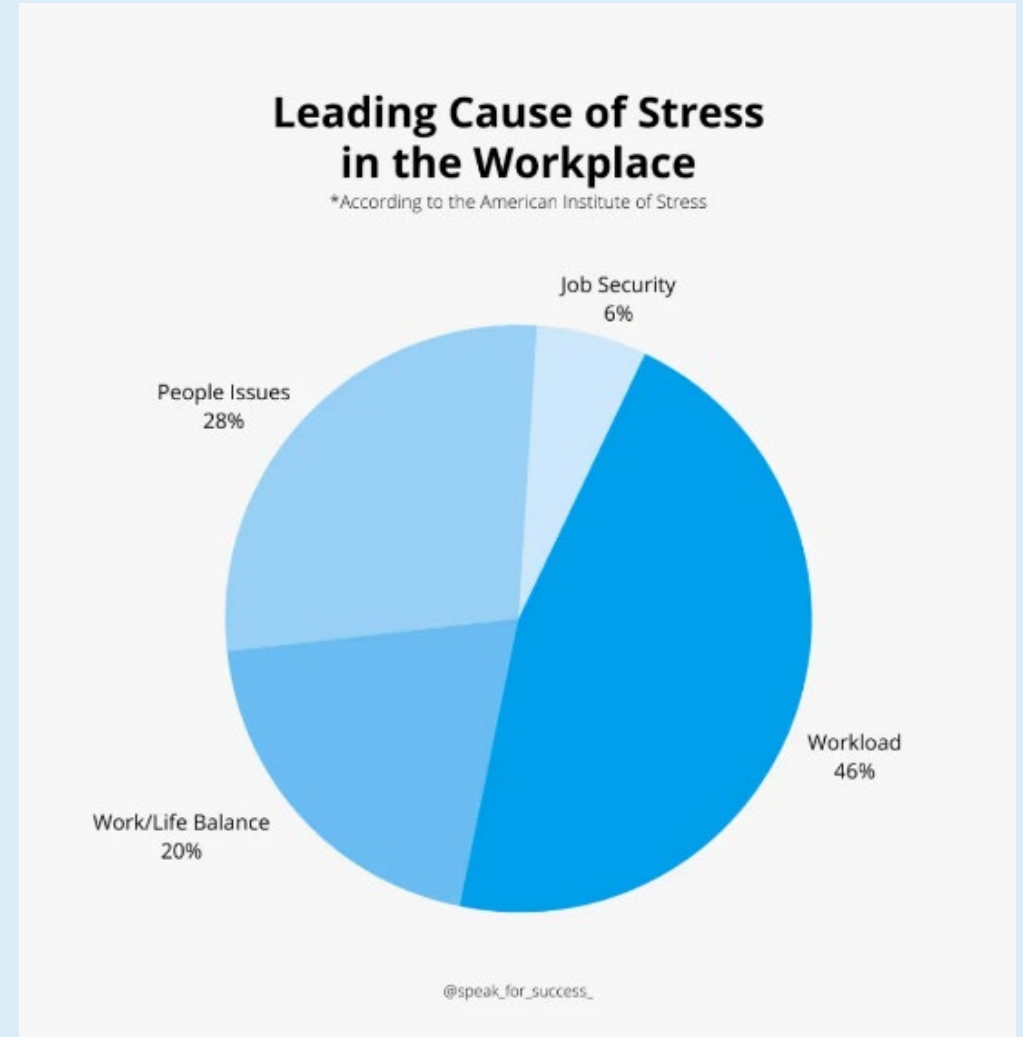
“When People Assume You’re Not in Charge Because You’re a Woman,” Amy Diehl and Leanne Dzubinski



# Setting and Maintaining Boundaries

- Vacation
- Raises productivity
- Sets an example
- Establish a clear schedule
- Establish boundaries at home
- Understand your workload
- Delegate

[How to Set Healthy Boundaries at Work](#)  
[\(8 Tips for Creating Boundaries at Work\)](#)



# When Women Compete

- Seek to understand
- Communicate your values
- Celebrate each other's success
- Mentors
- Address behavior head-on
- Ask for support

