

## Women Reap What They Sow in Their Careers

### Don't Let The Weeds of Negativity Choke Out Your Growth

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#### 1. Plant in good soil.

When NAFE publishes their annual Top 30 Companies for Executive Women survey, they highlight information like: women-friendly cultures, leadership programs for women, and the percentage of women in the top ranks. Those characteristics are indications of good soil, how's yours? If you are working in an environment that doesn't value women and give opportunities for growth, maybe it's time to start assessing the other gardens out there.

#### 2. Fertilize, water and talk to your plants.

Women, like flowers, grow with the right additives. Find your encouragers. Surround yourself with people that will acknowledge your strengths and recognize your successes. Sometimes, when you're down, allow them to spread the fertilizer on a little thick. P.S. make sure you let these life sustaining additives in.

#### 3. Learn from a good gardener.

Besides encouragers and individuals that will acknowledge your positives, find a good gardener/mentor. Seek out those who have already pushed away the weeds and stretched toward the sun. Let them help lead you to gardens you never even knew existed and advocate for your growth.

#### 4. Get the weeds out.

If you try to grow surrounded by the growth sucking tentacles of the negativist and the naysayer you're may die. Short of death, you'll at least be a droopy little daisy. Pluck them out of your life, or hang with the healthier flora as much as possible. These garden predators may mean no harm but they devour your nutrients all the same.

#### 5. Keep a plant and garden history.

Keep a chart of your strengths, successes, obstacles overcome and accomplishments achieved. This is your protection against bad weather. Droughts do come occasionally. You might forget during a drought what it takes to grow and bloom again. With your garden history, you can encourage new growth. Remember, droughts eventually pass.

#### 6. Avoid soggy soil.

Sogginess and complacency are risky soil conditions. The best of plants begin to rot when they get soggy. Infuse your soil with one of those garden growth spikes—go to a seminar or workshop, hear a speaker, read a new book or meet someone new through networking. It often takes one of these infusions of energy to get you growing again.

7. Reach for the sun.

Be a sunflower, keep stretching and growing tall. Heed the words of George Eliot, “It’s never too late to be what you might have been.” Always believe there’s more to do, heights to scale and opportunities to try. Reach for that place where the sun shines the brightest, the place where all your talents get used.

8. Plants have a lifespan.

People, like plants, don’t live forever. Remember, a stray lawn tractor could mow you down at any moment. Live everyday as if you were a **daylily**, making the most of your flowering. Live, like the daylily, as if you were granted only one day in this garden of life.

Follow these gardening tips and you are sure to flower and grow in a beautiful way.

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