

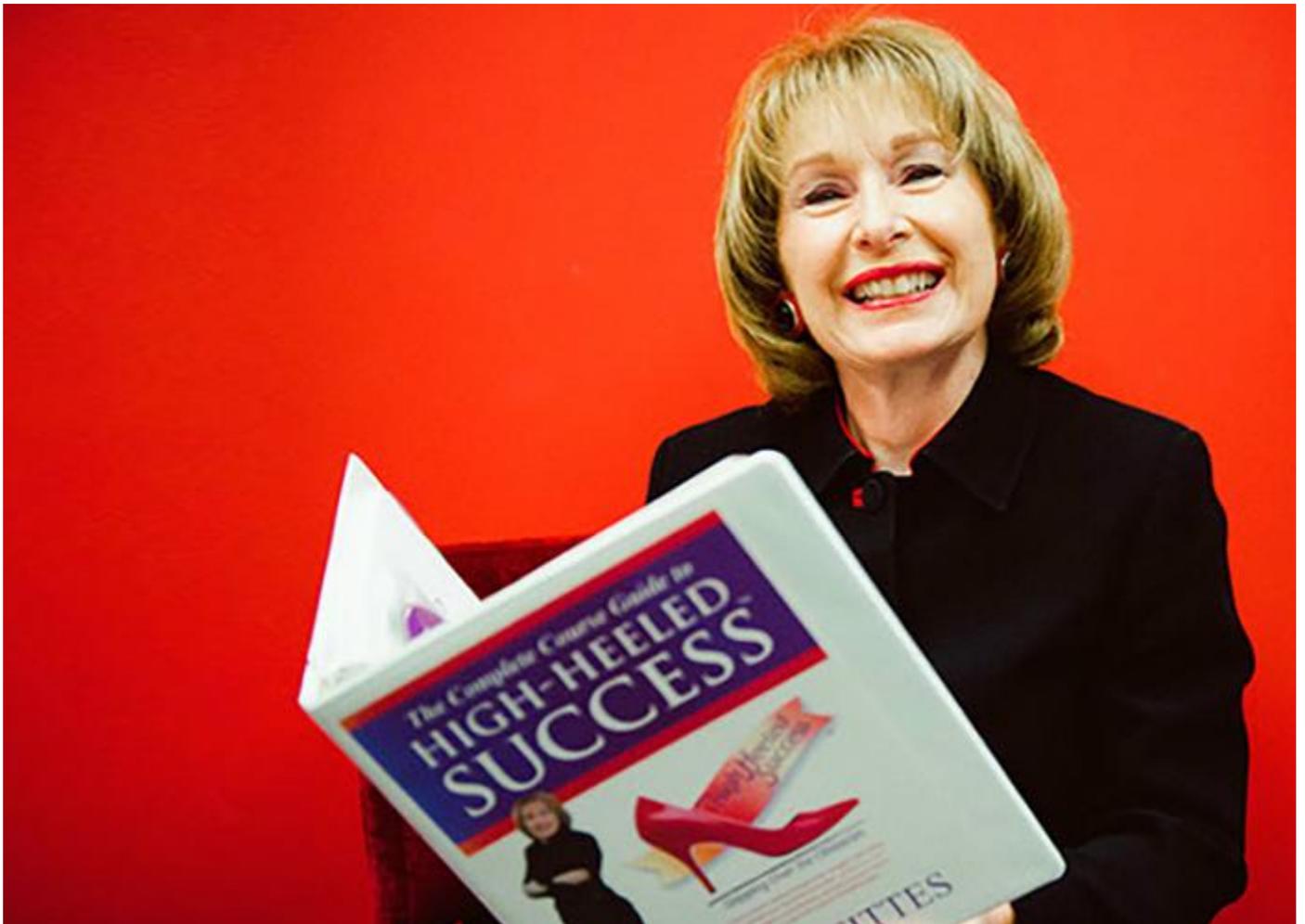
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## High-Heeled Success Workshop

by [Brittany Lee](#) - Feb 29, 2016

What you learned at your mother's knee might be putting you at a disadvantage in the workplace, so one local expert explains how you can "Kick Conflict to the Curb."



Kay Fittes, CEO of High-Heeled Success, LLC.

In today's workplace, every woman needs a competitive edge to reach her ultimate career goals. Competency, hard work and dedication are no longer enough. With the help of Kay Fittes, CEO of High-Heeled Success, LLC, you can set yourself apart by learning how to create visibility, clout and a commanding presence.

"What's most important to know is this particular workshop is one piece of a much bigger and broader picture," says Fittes. "Starting out in the mental health field with great content and years of experience, I made the decision to start my own business. What I found was no doors open. Nobody would return my calls and I hit a brick wall."

At this point, Fittes began asking herself “what do I need to learn to be successful?” Her answer was High-Heeled Success – a six-part system comprised of Power-Personal Esteem, Power-Professional Esteem, Power-Verbal Language, Power-Nonverbal Language, Power-Presentations and Power-Packaging.

This particular workshop “Kick Conflict to the Curb: Steps for Coping with Conflict at Work,” comes in at the section Power-Professional Esteem. “My target audience is women in the workplace who are experiencing two main things: saboteurs or they know the way they are dealing with conflict is not serving their career effectively,” says Fittes.

“This comes in two forms,” Fittes continues. “Some people are ‘stuffers,’ which is an individual that hates confrontation and runs away from it. The other end of the spectrum are those women who jump in with both feet and are ready to duke it out with anyone. Both of those behaviors are career suicide.”

While there are conflict resolution programs just about anywhere, one uniqueness with High-Heeled Success is that they are women only. “We look at the foundation of why this is a problem in the first place,” says Fittes. “Many women, myself included, grew up in a way that their entire culture taught them behaviors such as smile, be nice and get along with everyone.”

Fittes has come to learn that this can be a huge set up for women in the workplace because they become so concerned and fearful of being liked, that they often let disgraceful behavior go unchecked. This workshop is geared to teaching behavioral skills so that women cannot only deal with this when it happens, but it prevent it from happening in the first place.

“My goal in any workshop I do is to have women leave there absolutely knowing the first step they’re going to take in changing their behavior,” says Fittes. “With this workshop, I want women to overcome the way of thinking that it’s just ‘the way they are’ – but just because that’s the way you’ve always done it, doesn’t mean that you have to continue henceforth and forever more. You can change.”

Yearly, Fittes holds roughly four to six public workshops and is a presenter of over 2,500 programs – speaking to almost 100,000 women. She also has an executive coaching program and is the author of “Achieving High-Heeled Success: 50 Ways for Career-Oriented Women to Succeed.”

According to Fittes, there are new and exciting things planned for the rest of 2016. “For the first time, we’re going to be doing a full weekend retreat and creating VIP days, where my individual clients can come together for a day and meet in a more intimate setting,” she says. “We also already have our next workshop scheduled for June 18th, which will be “Equilibrium in High Heels: Successfully Balancing Work and Life.”

To learn more about High-Heeled Success Workshops, visit [www.highheeledsuccess.com](http://www.highheeledsuccess.com). Here, you can opt in for the mailing list or reserve your seat to the “Kick Conflict to the Curb” workshop on Saturday, March 5 from 9:00 a.m. to 4:00 p.m. at the Crowne Plaza Cincinnati Blue Ash. Use the special code “CC149” for the Early Bird price of \$149.

As a supporter of Dress for Success, Fittes also encourages all attendees to bring clothing, shoes, jewelry, purses or personal toiletry items that they are willing to donate to help other women thrive in the workplace.



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