

A Leverage to Lead Seminar

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The 3 Rules to Break to Breakthrough to Success



You have been working hard and you are devoted to your career. Yet, transitioning to leadership hasn't been easy. You keep looking for ways to stand out, but you aren't getting the assignments and opportunities you need to establish your credibility.

Truth be told, you secretly have a little fear of more success because it means more time at the office and away from your family, and you

simply don't have more hours to give. You find yourself asking, *Is this really worth it?*

What if there's another way to frame your success? What if you didn't have to go it all alone?

It is shocking the number of high-achieving professional women who think that working hard is all it takes to become a leader. While hard work is essential, many times the unspoken rules of our role in the work place become hurdles to our success and development. We need to break those rules.

As of this moment, I want you to begin thinking of yourself and your options differently. You have a right to success. You are important and valuable to your organization.

What you need is a new perspective on what is required for you to excel and to build your confidence in what is truly possible in your career. **The 3 Rules to Break to Breakthrough to Success** is designed to illuminate how our old, internal rules are obstacles to career advancement. Transitioning from a hard-working doer to a leader can be tricky. It requires you to break old rules and mindsets that keep you stuck where you are.

This seminar is about breaking through your rules and opening doors to leadership.

You see, until you understand how your old rules and expectations are holding you back, you can't take the steps you need to move ahead.

In this seminar, you will uncover the unconscious rules that keep you stuck and will walk away with a new set of personal rules that are fundamental to leadership.

- * You will discover which of your old rules need to be broken.
- * You will learn how to break your old rules.
- * You will learn how to establish new rules that define and create success.
- * You will learn why your career success depends on transitioning from being a “doer” to being a leader.
- * You will learn why you have to ask for what you want.
- * You will learn how to make a plan for your career and stop waiting for someone else to recognize your potential.

Are you ready to stand up, stand out and to experience success without having to sacrifice your family, your life and your sanity?

Join me for **The 3 Rules to Break to Breakthrough to Success**. Email me at jennifer@foodonourtable.com to find out how I can bring **The 3 Rules to Break to Breakthrough to Success** to women in your organization.



[Jennifer McClanahan](#) is the founder of Food On Our Table. She helps high-achieving working moms leverage their skills, talents and expertise to create a flexible career that allows them to focus on, and enjoy, their families.

I help professional working mothers create family and career strategies that help them understand that they don't have to sacrifice their careers to be good moms. I believe that working moms can nourish themselves, their families and their souls without giving up their success.

Visit her website at www.foodonourtable.com.