



# Women in A/E/C

## Networking

### Notes from the A/E/C Women's Networking Event: *Women Mentoring Women Leaders - Session 2*

**Meeting Date:** April 15, 2021

In this Women in A/E/C Networking Event, we learned how Power Robbers detract from our confidence, authority, professionalism, and power in the workplace and how Effective Communication can lift your voice above the crowd.

**Panelist Tammy Flanagan of Kimley-Horn** addressed the different forms of Power Robbers, both Verbal and Physical (see lists below), and the steps you can take to mitigate them.

**Panelist Margaret Rauber of Winter Construction** emphasized the importance of advocating for yourself throughout your career; do not wait for someone else to advocate for you. She also discussed how direct, concise, effective communication allowed for her ideas to be heard.

Mentoring, identifying and addressing these Power Robbers in your habits, and practicing ways to improve your communication may be the key to your success.

#### **Verbal Power Robbers:**

- Not introducing yourself with full name and title
- Stating things as questions, not statements
- Using qualifying words ("like", "kind of", "a little", "I think")
- Over explaining or giving too many details
- Asking for permission ("if you don't mind")
- Deflecting complements
- Letting yourself be interrupted
- Raising your voice at the end of a sentence
- Over-apologizing



# Women in A/E/C Networking

## **Physical Power Robbers:**

- Not having a physical presence. Take up space in your chair. Place both arms on the arm rests or on the table if the chair does not have an arm rest.
- Covering your neck with your hands
- Playing with jewelry or hair

If you have any questions or would like to submit suggestions, please email [kristen.walker@greyling.com](mailto:kristen.walker@greyling.com) or [suzannah.gill@epicbrokers.com](mailto:suzannah.gill@epicbrokers.com).