"Our Community of Women"
Video Series

By Headed Somewear

Real women empower other women.

It's crazy because you HEAR those words all the time, but how much do we really practice them?

We hope to be more active in empowering the women around us by bringing our latest project to you. The "Community of Empowered Women" Series, launching with the prelaunch of our Mind & Soul Collection, keeps YOU in mind with thought-provoking conversations, skill set webinars, & FREE resources to help empower other women.

The thing is, we aren't just talk. We want to help women (including ourselves!) reach their goals, dreams, and aspirations by providing a support system for us all to lean on.

After all, we all have things to learn, skills to teach. Join our community - because you need women looking out for you, now more than ever.

We've got your back.

VIDEO 1:

Navigating the Stresses of Corporate Life with Shabih Aftab

A Bit About Shabih:

Shabih Aftab graduated with a degree in Finance and minor in Mathematics from Rutgers University. She has worked in corporate finance for several years (recently as a Senior Financial Analyst) and also runs an awesome photography business on the side! (@shabihaftabphotography)

Stressful Factors About Corporate:

The truth of the matter is, corporate can be stressful! In our episode, we talk about some of the things that make corporate SO much fun to work at (*cough cough*)

What are some stressful factors you deal with at your job? How is it stressful?

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Taking Up Space:

- As women, we're taught to shrink. We're encouraged to be quiet and not take up too much space or be too loud. In corporate (or most jobs!) this is something that isn't too efficient.

- **Check the below i**f you feel you've accomplished them! If not, these are great ways to practice taking up space in your workplace. Feel free to add other ways as you think of them!

  - ❏ Asking people to pronounce our name properly
  - ❏ Ask for a space to pray
  - ❏ Know what you are allowed to demand from a coworker (example: files for a task you need to complete)
  - ❏ Be honest with what deadlines you can make and which seem like too much
  - ❏ Ask for clarity when something might seem unclear
  - ❏ _____
  - ❏ _____
  - ❏ _____
  - ❏ _____

- These points may seem like common sense, but in corporate, it can be hard to remember!

Being Positive:

- It's important to check our privilege and make sure we're not being ungrateful for the opportunities we have.
- Something that helped both of us was listing positives at work! That way even if you're having a SUPER tough day of deadlines, emails, and phone calls, you're wiring your mind to still try to find the silver lining.

Positives of Your Job:

1. _____
2. _____
3. _____
4. _____

Mistakes

- MISTAKES WILL ALWAYS HAPPEN. Believe me ladies, the sooner we accept that, the better!
- In corporate finance, errors in spreadsheets, emails, calculations, and so on are bound to happen.
- The important thing to do is to **learn** from your mistakes so they're less likely to happen again in the future.

- **Circle** which of the below ways seems best for you to apply to prevent mistakes at your job:

    - Write a letter to yourself to read in the event of a mistake:
        - Write TONS of positive affirmation
        - Remind yourself that you're human!
        - Make an effort to learn from your mistake.

    - Make reminders/notes in your spreadsheet or notebook:
        - Write a mini check list to look over BEFORE sending/submitting/presenting your work.
        - This list should CONSTANTLY be adjusted (even when you make a tiny error and fix it on your own, write it down to prevent it happening again)
        - As Shabih mentioned, keep checks in your spreadsheet (and don't be afraid to write BOLD notes in red!)
    - Make a detailed training manual
    - Don't be afraid to ask questions

- **Who else makes mistakes?**

  _____

- **Why aren't their mistakes bigger than mine?**

  _____

  _____

Mental Health & Community

- Shabih talks about how she quit her job and the effect corporate finance had on her, despite it being her dream company

- Instead of staying at the job she was at, she realized what was important to her for her next job.

- **Important questions to ask yourself:**
    - What's important to you?
    - Does you job line with your core values?
    - Be honest with yourself!

- It's super important to have a community of people to lean on when you're feeling stressed about work. We are the harshest on ourselves, and sometimes, by confiding with others, we can allow some kindness back into our perspective.

- **List 3 people you can turn to with a problem at work**
    1. _____
    2. _____
    3. _____

Resources

- Find the below (free!) classes on Coursera for Finance / Non Finance Majors:
    - Finance for Non Finance:
      https://www.coursera.org/learn/finance-for-non-finance
    - Finance & Quantitative Modeling:
      https://www.coursera.org/specializations/finance-quantitative-modeling-analysts

Thanks for reading! We hope this helped you guys.

Much Love,

the Headed Somewear Team