

FREE RESOURCE



UNSTOPPABLE IN MALE-DOMINATED INDUSTRIES

Own your expertise, build Allies and
break barriers with confidence

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BEFORE WE START...

Navigating male-dominated spaces comes with unique challenges - but it also comes with incredible opportunities.

This guide is your blueprint to not just survive but thrive, by owning your expertise, building allies, and standing tall against obstacles. It's time to take charge and become the unstoppable force your career deserves!

Wish you all the best.
Maria

HOW TO STAND OUT IN THE OFFICE



MASTER ASSERTIVE COMMUNICATION



OWN YOUR EXPERTISE



BUILD YOUR NETWORK OF ALLIES



STAND TALL AGAINST MICROAGGRESSIONS



CREATE A THRIVING CAREER



 Have you met
Maria?

Maria Wandelstam - executive coach and a former global L&D leader who been in corporate for 27 years, who helped leaders all over the globe to take their leadership and career to the next level.

"I don't do cheerleading. I help professionals get results by treating their career and rebrand like a business strategy, not a hobby."



Assertive Communication Cheat Sheet

Confident communication isn't just a skill - it's a game-changer. The way you present your ideas can **influence** how they're received, and assertive communication ensures your voice is heard and respected.

Key phrases to share ideas with confidence

- "Based on my experience with [specific project], here's my recommendation."
- "This aligns with our goals because [specific reason]."
- "Let me walk you through why this approach works best."

Go-to responses for handling interruptions

- "I'd like to finish my thought first, and then we can dive into that point."
- "I'd appreciate it if I could complete my explanation before we move on."
- "That's an interesting perspective, but let's circle back to what I was saying."

Polished ways to push back against microaggressions

- "I prefer to be addressed as [Your Name/Title]."
- "Let's clarify - I led the initiative that resulted in [specific success]."
- "I noticed you repeated my idea. Let me expand on it further."

Practice confidence

Use body language and tone to back up your words. Stand or sit tall, maintain eye contact, and speak with conviction.



Own Your Expertise Top 3 Accomplishments

Your expertise is your power. But too often, women in male-dominated spaces are tempted to downplay their skills or avoid the spotlight.

This section is all about embracing **your value** unapologetically and ensuring everyone in the room knows what you bring to the table.

Celebrate your wins - create your own career accomplishment tracker

Write down your top three career accomplishments and keep them visible. Use the questions below to summarize what you have achieved for each one. When imposter syndrome creeps in, remind yourself of the tangible value you've created.

1. What was the project or goal?
2. What measurable outcomes did you achieve?
3. What skills did you demonstrate?
4. How did this impact your team or organization?

Update your information

Update your LinkedIn profile and résumé with the 3 accomplishments to showcase your value and expertise.



Build Your Network of Allies

Networking Conversation Starter

No one thrives alone, especially in challenging environments. Building a network of allies can provide support, open doors, and amplify your voice. Even in male-dominated spaces, you can find allies who share your vision for success.

Tips for initiating conversations

Lead with curiosity and authenticity. People love to talk about themselves!

Sample starters for building relationships

- *"I noticed you worked on [specific project]. What was your biggest takeaway from that experience?"*
- *"I've been trying to improve my skills in [area]. Do you have any advice for someone just starting out?"*
- *"Your insights in today's meeting were so valuable. Could we grab coffee to discuss further?"*

Follow-up strategies:

After meeting someone, send a quick email: *"It was great to connect with you at [event]. I'd love to stay in touch and explore how we might collaborate in the future."*

Challenge yourself

Write down 3 people in your field that you admire. This week, reach out to one of them.

Go-To Phrases for Microaggressions



Interruptions, credit-stealing, and dismissive comments are more than just annoying - they're roadblocks to your success. Standing tall against microaggressions requires courage, preparation, and the right tools to push back effectively.

Your tone matters. Pairing these phrases with a neutral but firm tone increases their effectiveness.

Interruptions

- *"I'll let you finish, and then I'd like to complete my thought."*
- *"Let's ensure everyone gets a chance to share their perspective before moving on."*

Credit-Stealing

- *"Actually, I'd like to build on my earlier point—[restate your idea]."*
- *"Thanks for echoing my idea. To elaborate further..."*

Dismissive Comments

- *"Could you clarify your feedback so I can address it?"*
- *"That's an interesting perspective. Here's how I see it."*

Call it Out

If someone consistently interrupts you, address it privately. A simple, "I've noticed I'm often cut off during meetings. I'd like the chance to complete my points," can reset the dynamic.



Personal Leadership Blueprint

Thriving in male-dominated industries is about more than just getting by. It's about **creating a career** that aligns with your values, goals, and passions while breaking barriers and inspiring others.

This is your time to rise and lead authentically.

Define your leadership style

Example prompts:

- "What challenges am I most passionate about solving?"
- "What feedback do I consistently receive about my strengths?"

Set your mentorship goal

Example: "I want to mentor at least two junior colleagues this year by providing monthly check-ins and sharing career advice."

Establish a career vision:

- Short-term goal (6 months) e.g: lead a cross-departmental project.
- Mid-term goal (2 years) eg.: transition into a managerial role.
- Long-term goal (5 years) eg.: Become a department head in my field.

Set Boundaries

Burnout serves no one. Prioritize your well-being by setting clear boundaries around your time and energy.

READY TO TAKE THESE STRATEGIES FURTHER?

Book a free strategy call at
www.mariawandelstam.com

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professionals and teams



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