

Not your typical business book



Yes Please! is a leadership development tool and coaching guide that is grounded in applied positive psychology and neuroscience. It supports high-performing women leaders of color in finding happiness in the midst of the unique challenges they face as they aim for the senior executive ranks.

A follow up to the award-winning *No Thanks: 7 Ways to Say I'll Just Include Myself*, *Yes Please!* also reveals some of the well-kept secrets of an exclusive corporate culture. These secrets are keys that will unlock some of the mysteries that will help Black women and other women of color to be intentional and strategic about pursuing their corporate leadership dreams. Author, L. Michelle Smith surveyed 100 high performing black women leaders and uncovered that 90% of them did not describe themselves as happy in their corporate careers, and as research in positive psychology has found, happy people are successful people.

Yes Please! helps these women leaders reclaim their happiness by providing seven powerful solution-specific affirmations to counter the negativity from toxic workplaces that do not center Black women and other women of color. The book covers themes around compensation, likeability versus respect, partnership and marriage, sponsorship failures, moving on to move up, women supporting women and more are culturally and gender nuanced to meet the needs of today's woman leader with an aspiration to ascend to the C-Suite.

Yes Please! also highlights seven secrets, 32 powerful questions, engaging storytelling, stinging truths and mountains of credible guidance from women of color who have lived experience and experts that provide the insights and stats. The author's story and insight as a corporate executive, business owner and mom-in-chief are also throughout.

GO BEYOND ALL THE TABLE TALK

You've been in the room
for a while, Sis. Now what?

Inspiring storytelling and stinging truths grounded in science to support exceptional, mid-career women of color on their way to the C-Suite.

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The Author

L.Michelle Smith is a neuroscience & positive psychology-Informed Fortune 100 Advisor and Executive & Personal Coach transforming the lives of women leaders to achieve their C-Suite and life aspirations.



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Book the author for speaking, training,
book signings or talks: 469.523.1453
lmichellesmith.com/yesplease