

LOS ANGELES CHRONICLE

Friday, January 09, 2009 8:20:19 AM

Career Expert Advises Women on How to improve their Career Prospects during Women's Self-Empowerment

January 08, 2009

California Desk

SANTA BARBARA, Calif. – Having broken the glass ceiling as one of the nation's first female commercial airline pilots hired and of the few pioneers still working, Captain Karen Kahn knows what it takes to land and succeed in a career one loves. Today, in honor of Women's Self Empowerment Week (January 5 -11), she is reaching out and advising women everywhere what they too can do to find their inner Captain and improve their career prospects.

Despite the current economy, Captain Kahn says now, more than ever, women have many opportunities to achieve their highest career aspiration. Her book *Flight Guide for Success* offers women tips and tactics to be empowered in the work place derived from her experience.

Since I had already assisted many would-be pilots in successfully navigating a difficult career path, I decided it behooved me to share the techniques I developed for *Flight Guide for Success* with other career seekers, particularly women, who may need help entering or advancing career prospects," Kahn explains. "Be assertive, find a mentor, and learn to be a leader. These actions will help you overcome some of the many pitfalls that can easily overwhelm you."

Despite the book's job-specific sub title: *Tips & Tactics for the Aspiring Pilot*, Kahn assures its methods are applicable to all industries and applicants in all stages of the career path process. Organized into nine comprehensive chapters, the book answers many of the "hot topic" issues facing today's female workers, including her seven main rules on how women succeed:

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Rule #1: Be goal-oriented rather than process-oriented.

Rule #2: Strive to work well with other women; they will contribute to your success.

Rule #3: Focus on one item at a time in dealing with men.

Rule #4: Use your power; that is what it's there for!

Rule #5: Be direct in your approach,

particularly when dealing with conflict.

Rule #6: Remember that business is a game and act accordingly.

Rule #7: Hold no grudges (this is a particularly important requirement for women aviators).

As a woman who has succeeded for 30 + years in a male-dominated industry and career, Captain Kahn lays it on the line. From relationships in and out of the work place, gender issues, dealing with discrimination and balancing family and career, Captain Kahn provides women the confidence needed to achieve their goals. Her no-nonsense style and prose illustrate the underlying point that honesty and integrity, along with humility and transparency, matter not only in an airline career, but also in life.

Flight Guide for Success retails for \$19.95 + \$4.50 for shipping and handling and is available online at www.CaptainKarenKahn.com.