


RECOMMENDED READINGS



The Career and Life Visioning approaches in this guide are inspired by Christine Perfetti's discovery, design, and product visioning methods and the following resources:

- [Finding Your Own North Star: Claiming the Life You Were Meant to Live](#) by Martha Beck
- [Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead](#) by Brené Brown
- [Designing Your Life: How to Build a Well-Lived Joyful Life](#) by Bill Burnett and Dave Evans
- [Get Untamed: The Journal](#) by Glennon Doyle
- [The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level](#) by Gay Hendricks
- [Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization \(Leadership for the Common Good\)](#) by Robert Kegan and Lisa Laskow Lahey
- [The Leader's Journey: Transforming Your Leadership to Achieve the Extraordinary](#) by Donna Lichaw
- [Worthy: How to Believe You are Enough and Transform Your Life](#) by Jamie Kern Lima
- [So Good They Can't Ignore You: Why Skills Trump Passion in the Quest for Work You Love](#) by Cal Newport
- [I Could Do Anything if Only I Knew What it Was](#) by Barbara Sher and Barbara Smith
- [Never Search Alone](#) by Phyl Terry

OUR NEXT COHORT STARTS ON FEBRUARY 11, 2025



Reimagine Your Career: A Playbook for Designing Your Next Act

Women in mid to senior-level roles in tech are managing feelings of isolation and loneliness. It's a struggle to navigate the demands of intense careers while also cultivating a fulfilling life outside of work.

Lift Up Connections provides the peer community support, guidance, visioning, and leadership expertise to bring your whole self to your work, reimagine what's possible, and cultivate your authentic voice.

Next cohort begins on February 11, 2025

A promotional banner for a cohort. On the left is a portrait of a woman with shoulder-length brown hair, wearing a dark blazer over a black top and a necklace. The background of the banner is a dark teal color. To the right of the portrait is the title 'Reimagine Your Career: A Playbook for Designing Your Next Act' in white bold text. Below the title are two paragraphs of white text. At the bottom right is a blue rounded rectangular button with white text that says 'Next cohort begins on February 11, 2025'.

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