

## 5 TED Talks to Motivate the Working Woman

**Summary:** Women that find themselves balancing a full work schedule on top of their home responsibilities often need to find a way to stay motivated.



Finding a way to **gain new perspective**, **inspiration**, and outlook is important for the working woman on those tough days. Starting each week with a motivational TED talk is a great way to find purpose. Start with these five talks to get the habit going.

### 1. **The Power of Vulnerability by Brene Brown**

Brene Brown makes the study of human connection her passion. This includes the ability to empathize, love, and belong. Her talk is full of humor and important points from her research.

### 2. **Your Body Language Shapes Who You Are by Amy Cuddy**

Our body language is what others see about us first. It also affects how we see ourselves. Amy Cuddy is a social psychologist. She fully understands the importance of “power posing” and how it can affect our chances of success.

### 3. **Why 30 is Not the New 20 by Meg Jay**

Clinical psychologist Meg Jay takes on the popular belief that our 20’s are not important. She discusses the importance of starting to plan now even though work, marriage, and kids are happening later in life. Her talk includes 3 tips on how to take back adulthood.

### 4. **The Difference Between Winning and Succeeding by John Wooden**



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Coach John Wooden is a master of redefining success in simple ways. He shares the advice he has given to UCLA players, reminisces over his father's wisdom, and quotes poetry.

#### 5. [How to Make Work-Life Balance Work by Nigel Marsh](#)

Nigel Marsh urges you to take control of your work-life balance instead of expecting your employer to do so. He gives the example of an ideal day with a balance of personal time, family time, and productivity.

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