



New Book Brave Transitions: A Woman's Guide for Maintaining Composure Through Changes in Work and Life Released

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Albuquerque, NM (September 23, 2015) ? Brave Transitions: A Woman's Guide for Maintaining Composure Through Changes in Work and Life is the second book by author, leadership expert, and sought-after speaker Katie Snapp. Snapp wrote the book because she had so many women ask her how to deal with change more effectively. It's no easy task. Women face so much pressure ? from society, from family and friends, and from themselves ? that handling life's inevitable changes can be overwhelming. Snapp's book gives women the tools, insights, and confidence they need to handle whatever comes their way with more composure. It lets the reader know they're not alone, and they will get through change and be just fine.

"So many women are looking for the support they need to be composed through the tough changes that they experience," says Snapp. "Being true to yourself and feeling like you are being your genuine self is a terrific goal that I can help women with in this guide. It's my pleasure to give them encouragement, powerful questions, and some occasional humor to become a composed and successful woman."

Snapp's mission to help empower women became clear when she worked as a rocket scientist. As a woman

in a very male-dominated environment she began to recognize the importance of women using their innate female strengths in the workplace ? that they shouldn't have to change themselves and try to be ?one of the boys? to be valued for their contributions. She ultimately made that her life's work, starting Skirt Strategies (www.skirtstrategies.com) with her co-founder Carol Wight, to offer online leadership training for women.

Now, Snapp is offering her advice to Kindle users. She hopes women who need help will take advantage of it.

For more information on Skirt Strategies, please go to www.SkirtStrategies.com

About Skirt Strategies:

Skirt Strategies offers insightful, convenient, and affordable online leadership training for women. Leadership and business experts Katie Snapp and Carol Wight formed Skirt Strategies to address the glaring need for gender balance in the workplace. Weekly emails offer subscribers tips, quick homework assignments, inspiration, podcasts and audio and video tutorials to boost their skills while effectively utilizing their time. In addition to online leadership training, Katie and Carol offer one-on-one coaching. They are also dynamic guest speakers for events nationwide, and lead engaging in-person workshops for groups and businesses.

For more details, please check out the Skirt Strategies web site at www.SkirtStrategies.com. For media inquiries, please contact Kristi D. Lawrence with StarFire PR & Marketing at kristi@starfirepr.com or (505) 720-7403.

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