

# I can do this. Yes, I can!

Want to feel this confident on the job? Here's how—from women who know.

**"When I was promoted** to director of a small consulting company, which meant I was in charge of training and supervising employees, my first thought was, I can't believe they think I'm capable of this. But that same week, I also hosted a jewelry-making party at my home. As I deftly helped each woman pick out beads and create designs, I realized I'd underestimated my leadership abilities. The next day, I went to work *knowing* I could train my team." —JULIE KROSKIN, 34, CONSULTING-FIRM DIRECTOR, WASHINGTON, D.C.

**"I used to second-guess** every model I'd choose for photo shoots. Then I started taking a kickboxing class at my gym. The thumping music, punching and kicking made me feel so powerful. The energy stuck with me at work. I soon felt

confident enough to hire models on the spot and negotiate their salaries. Now I manage an entire department!" —RACHEL CLEMENTI, 26, PHOTO PRODUCER, NEW YORK CITY

**"Before I had kids,** male lawyers from other firms easily beat me at wooing male clients with small talk about golf and the Super Bowl, topics that put me on shaky ground. But after I returned from maternity leave, I realized that having the occasional child's spit-up on my blouse was my way in. I could commiserate with potential clients about parenting. Today, my children are my best male-bonding material!" —HEATHER GATLEY, 34, LAWYER, MIAMI

**"After I found out** my fiancé was using drugs, I broke off our engagement. Unexpectedly,



You've got the right stuff—now, show it!

edly, the strength I'd drawn upon to leave him made me a more self-assured high school teacher. I was firmer with students who misbehaved because I realized that if I could get over him, I could tackle anything my students threw at me."

—AMY COLLINS\*, 25, TEACHER, LOS ANGELES  
—BRETT GRAFF

## Inspiring quotes for your cubicle

**"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared...and success achieved."** —HELEN KELLER

**Where we found it:** Taped to the office wall of Nicole Johnson, former Miss America. "It helps me approach each day with passion and vigor."

**"Do it big, do it right and do it with style."**

—ATTRIBUTED TO FRED ASTAIRE  
**Where we found it:** On a Post-It note in the office of small-business owner Ann Keeling. "This quote reminds me that you can't do things halfway."

**"As a woman, my country is the whole world."**

—VIRGINIA WOOLF  
**Where we found it:** In an e-mail from Naomi Wolf, feminist writer. "It's inspired me to develop a program to train women from all over the world to be leaders."



## Hey, how was your day?

*Glamour* talked to Nurit Bar-Josef, 28, concertmaster for the National Symphony Orchestra in Washington, D.C.

**What was the best part of today?**

Tonight's concert. After practicing on my own for so many hours, I love the energy of being on stage with my colleagues and working as a team to play a piece of music.

**What overjoyed you?**

Making it through my violin solo glitch-free. We performed "Also Sprach Zarathustra" by Richard Strauss, and there's a big solo in it for the concertmaster. A page before it began, my heart

started beating harder. I was excited but also hoping I wouldn't fall flat on my face.

**Anything frustrate you?**

Like most musicians, I'm a perfectionist. So it upsets me when I sometimes think, Yesterday I played this piece of music so well—why am I not capturing that same feeling today?

**Do you aspire to be the conductor?**

No. This is the job I've always dreamed about. My parents used to take me to concerts, and I loved to watch the concertmaster. Now I am that person!

—KELLY DINARDO

**work quickie** May 6 is Bring Your Mom to Work Day. Go to [1-800-flowers.com/bringmom](http://1-800-flowers.com/bringmom) for all the details.

TOP RIGHT: PAUL COSTELLO; NECESSARY OBJECTS T-SHIRT; NEW COLLECTION JACKET; PAUL + JOE SKIRT; CHANEL SHOES; BAR-JOSEF; DAVID BURNETT