





AUTHOR, PODCASTER, CEO

Emilie founded Bossed Up in 2013 after bouncing back from her own bout of early-career burnout in the world of politics & advocacy. She's since built an award-winning career services & leadership development community where women thrive while we strive and lift as we climb.

 720-504-7234

 emilie@bossedup.org

EMILIE'S REACH:

1.7 million+ podcast downloads
24.1k Instagram followers
21.7k LinkedIn followers
9.4k Email subscribers

PAST APPEARANCES INCLUDE:



EMILIE ARIES

BURNOUT PREVENTION
WOMEN'S LEADERSHIP
CAREER CHANGE

INTERVIEW EMILIE ON...

BOUNCING BACK FROM BURNOUT

- How does burnout acutely impact women, caregivers, and people of color?
- What are the root causes of burnout?
- How can you prevent burnout from derailing your career and life?

OWNING YOUR VOICE WITH ASSERTIVE COMMUNICATION

- What's the difference between assertive v. aggressive communication?
- What makes being assertive especially challenging for women and women of color?
- How can you be an assertive communicator?

BECOMING A FIRST-TIME MANAGER

- What key mindset shift must women make to go from individual contributor to manager?
- How can women and women of color navigate impostorism and stereotype threat?
- What must women do to cultivate a healthy 'boss identity' as they rise in visibility?

MASTERING THE MODERN JOB SEARCH

- What technical aspects of the modern job search must job-seekers understand?
- What underlying principles of job-searching have remained constant & what's changed?

SEE EMILIE IN ACTION:

