

THOUGHT LEADERSHIP FROM THE EXCEPTIONAL WOMEN ALLIANCE



BY LARRAINE SEGIL

*Featuring:
Stephanie Cox
Board Director*



While Pattie Sellers conceived of a career path as a jungle gym, **Stephanie Cox** has certainly lived it, with 28 years at SLB, formerly Schlumberger, and beyond. Starting off in supply chain management, she's traversed up and over through HR, IT, line management, President, CEO and now a board member for several organizations.

In today's newsletter, Stephanie shares, from her very real experiences, some **advice on career transitions**.

"In the beginning, I wasn't really deliberate about my career. I was in my groove in manufacturing engineering and supply chain management. Then, I was thrown a curve ball to go into HR. I was scared about making such a big change because I was "in my lane", but really it was a gift.

"Identifying the advantages of that new position can help motivate you to take those scary leaps. For me, some of them were:

- Admiring the leader of the new role.
- Recognizing the new skill sets I would acquire.
- Learning more about how the company worked.

"It's important to remember that **a career change decision should not be made from frustration or emotion**. It should come from clarity, from knowing your why.

"Ultimately, it's about **being intentional with your career**. Even after 28 years at SLB, where I was very happy, I had to ask myself, 'Am I challenged enough?' I realized that I wanted to do something new. Then I did a lot of research on what type of work I was interested in and what type of company I wanted to join.

"The varied roles I've taken on have stretched me in ways I could never have imagined. And that's what I'd encourage everyone to think about **when presented with a career opportunity that may scare you—that may be exactly the reason to grab it.**"

Stephanie has such a breadth and depth of experience, which has made her a respected and successful leader. While you want to leave yourself open to unexpected opportunities, it's always prudent to be the master of your own career destiny. Plan and seek out that next career step you want.

Until next time,

Lorraine

Founder, Chair & CEO

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