

Roadmap to Break the Bamboo Ceiling –Course Modules Breakdown



This roadmap is designed to guide you through our e-learning coaching program and help you achieve your personal and professional growth goals. As you work through the program, you can use this roadmap as a reference to understand the overall structure and objectives of the program, as well as to track your progress and stay on track.

To use this roadmap effectively, we recommend that you begin by familiarizing yourself with the overall structure of the program and the specific learning goals and modules outlined in each unit. Take some time to read through the program materials and complete the self-assessment tools provided to help you identify your personal barriers and cultural values.

As you progress through each unit, use this roadmap to stay focused on the learning objectives and modules, and to keep track of your progress. Take notes on the key strategies and skills you learn, and use the practical tools provided to practice and reflect on your progress.

Finally, as you reach the end of the program, use this roadmap to help you create a personal strategy implementation plan that aligns with your values and goals. Use the self-monitoring tools provided to track your progress and celebrate your achievements as you work towards your personal and professional growth goals.



Unit Course Module Breakdown

Unit 1 Identify Your Bamboo Barriers

Module 1: Overview of Internal Barriers

- Understand what internal barriers are and how they affect personal and professional growth
- Identify common internal barriers such as fear, self-doubt, and limiting beliefs
- Learn strategies for overcoming internal barriers, including mindfulness, positive self-talk, and visualization techniques

Module 2: Overview of External Barriers

- Understand what external barriers are and how they affect personal and professional growth
- Identify common external barriers such as lack of resources, discrimination, and cultural biases
- Learn strategies for overcoming external barriers, including networking, seeking mentorship, and advocacy

Module 3: Evaluate Your Personal Barriers

- Use self-assessment tools to identify personal barriers to growth and development
- Develop a personal action plan to address identified barriers
- Practice implementing strategies for overcoming personal barriers and monitor progress

Unit 2 Reconstruct Your Cultural Identity

Module 1: Asian Values that Contradict the Western Ideals

- Understand the differences between Asian and Western cultural values
- Identify how Asian cultural values can create barriers to personal and professional growth in a Western context
- Develop strategies for reconciling conflicting cultural values and finding a balance that works for you

Module 2: Increase Self-perceived Value from Cultural Capitals

- Identify personal cultural capital and how it can be leveraged in the workplace
- Learn how to develop cross-cultural communication skills and navigate cultural differences in the workplace
- Practice building cultural bridges and establishing rapport with colleagues from diverse cultural backgrounds

Module 3: Identify Your Professional Strengths, Interests, and Values

- Use self-assessment tools to identify professional strengths, interests, and values
- Develop a personal brand statement and elevator pitch
- Learn strategies for networking and building professional relationships that align with personal values and interests

Module 4: Growth Mindset and Acculturation

- Understand the concept of a growth mindset and how it can be developed
- Learn strategies for acculturation and adaptation to new environments and cultures
- Practice applying a growth mindset and acculturation strategies in personal and professional settings

Unit 3 Powerful Communication and Confident Self-Expression

Module 1: Gender and Its Impact on Communication

- Understand how gender stereotypes affect communication in the workplace
- Learn strategies for overcoming gender-based communication barriers
- Practice assertive communication and negotiation techniques

Module 2: Body Language and Self Expression

- Understand the role of body language in communication and self-expression
- Learn strategies for using body language to convey confidence and authority
- Practice using body language effectively in personal and professional settings

Module 3: Corporate Language Conventions

- Understand the conventions of corporate language and how they affect communication
- Learn strategies for adapting language to different communication contexts and audiences
- Practice applying corporate language conventions in personal and professional settings

Module 4: Using Emotional Intelligence

- Understand the concept of emotional intelligence and its role in effective communication and leadership
- Identify personal emotional intelligence strengths and weaknesses
- Learn strategies for developing emotional intelligence skills and applying them in personal and professional settings



Unit 4 Maximize Your Potential

Module 1: Listen to Your Inner Voice

- Understand the importance of self-awareness and self-reflection in personal and professional growth
- Learn strategies for listening to your inner voice and aligning personal and professional goals with values and interests
- Practice applying self-reflection and self-awareness strategies in personal and professional settings

Module 2: Outsmart the Work-Life Balance

- Understand the concept of work-life balance and its importance for personal and professional well-being
- Learn strategies for achieving work-life balance, including time management, delegation, and boundary setting
- Practice implementing work-life balance strategies in personal and professional settings

Module 3: Navigating the Resistances

- Understand common resistances to personal and professional growth, including fear of failure and comfort zones
- Learn strategies for overcoming resistances, including reframing and mindset shifting
- Practice applying resistance overcoming strategies in personal and professional settings

Unit 5 Activate Your Resources

Module 1: Extend Your Personal Network

- Understand the importance of networking and building relationships in personal and professional growth
- Learn strategies for expanding personal and professional networks, including attending events and joining professional associations
- Practice building and maintaining relationships with colleagues and mentors

Module 2: Seek Mentorship

- Understand the benefits of mentorship and how to find a suitable mentor
- Learn strategies for building a successful mentor-mentee relationship
- Practice seeking and maintaining mentorship relationships

Module 3: Achieve Organizational Support

- Understand the importance of organizational support in personal and professional growth
- Learn strategies for building relationships with supervisors and colleagues to gain organizational support
- Practice advocating for personal and professional development within organizational structures

Unit 6 Create Personal Strategy Implementation Plan

Module 1: Develop Your Vision

- Understand the importance of having a clear vision for personal and professional growth
- Learn strategies for developing a personal vision statement
- Practice creating a personal vision statement that aligns with personal values and interests

Module 2: Gap Analysis

- Understand the concept of gap analysis and how it can be used to identify areas for personal and professional growth
- Learn strategies for conducting a gap analysis and setting goals based on identified gaps
- Practice conducting a gap analysis and setting SMART goals

Module 3: Set SMART goals

- Understand the concept of SMART goals and how they can be used to achieve personal and professional growth
- Learn strategies for setting and achieving SMART goals
- Practice setting and achieving SMART goals in personal and professional settings

Unit 7 Execution and Self-Monitoring

Module 1: Self-Reflection and Self-Evaluation

- Understand the importance of self-reflection and self-evaluation in personal and professional growth
- Learn strategies for conducting self-reflection and self-evaluation
- Practice applying self-reflection and self-evaluation strategies in personal and professional settings

Module 2: Celebrate Achievements

- Understand the importance of celebrating personal and professional achievements
- Learn strategies for celebrating achievements and reinforcing positive behaviors
- Practice celebrating personal and professional achievements

Module 3: Create an Ongoing Structure for Personal Plan

- Understand the importance of creating an ongoing structure for personal and professional growth
- Learn strategies for maintaining personal and professional development over time
- Practice creating an ongoing structure for personal and professional growth.

Congrats!

Congratulations on completing the program!

You have taken a significant step towards breaking through the barriers that have held back Asian female immigrants in the workplace. By identifying and overcoming internal and external barriers, reconstructing your cultural identity, developing powerful communication and self-expression skills, and maximizing your potential, you are now equipped with the tools and strategies to succeed in your personal and professional life.

As you continue your journey as a Bamboo Ceiling Breaker, remember to stay true to your values and strengths, leverage your cultural capital, and be confident in your abilities. Seek out mentorship and networking opportunities, and continue to develop your skills and knowledge.

Remember that breaking the bamboo ceiling is not just about personal success, but about paving the way for future generations of Asian female immigrants. Keep striving for excellence, and inspire others to follow in your footsteps.

