

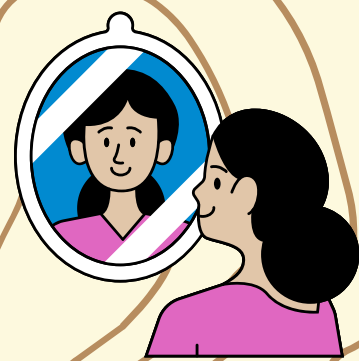
Job Aid - How to Identify Your Personal Barriers at Work

Purpose: This job aid provides guidance on how to identify personal internal and external barriers at work for Asian female immigrants to break the bamboo ceiling.

Self-Reflection

- Take time to reflect on your personal values, beliefs, and goals.
- Identify any self-limiting beliefs or biases that may be holding you back.
- Consider how your cultural background and experiences may impact your work.

1



Identify External Barriers

- Pay attention to any biases, discrimination, or cultural differences you may experience at work.
- Observe how your gender, ethnicity, or cultural background may impact your interactions with colleagues, managers, and clients.
- Look for patterns or recurring issues that may be barriers to your success.

2



Identify Internal Barriers

- Consider any personal limitations or fears that may be holding you back.
- Evaluate how your mindset or attitudes may be affecting your work.
- Look for patterns or recurring issues that may be barriers to your success.

3



Take Action

- Develop a plan to address the barriers you have identified.
- Seek out mentors, allies, or supportive networks to help you overcome these barriers.
- Take steps to build your confidence, skills, and knowledge to break through the bamboo ceiling.

4



Remember, breaking through the bamboo ceiling takes time and effort.

Use this job aid to help you identify personal internal and external barriers, and take action to overcome them. Good luck!

