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Subject: The might of women and male allies 🙌
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Hey everybody, it's Jill here.

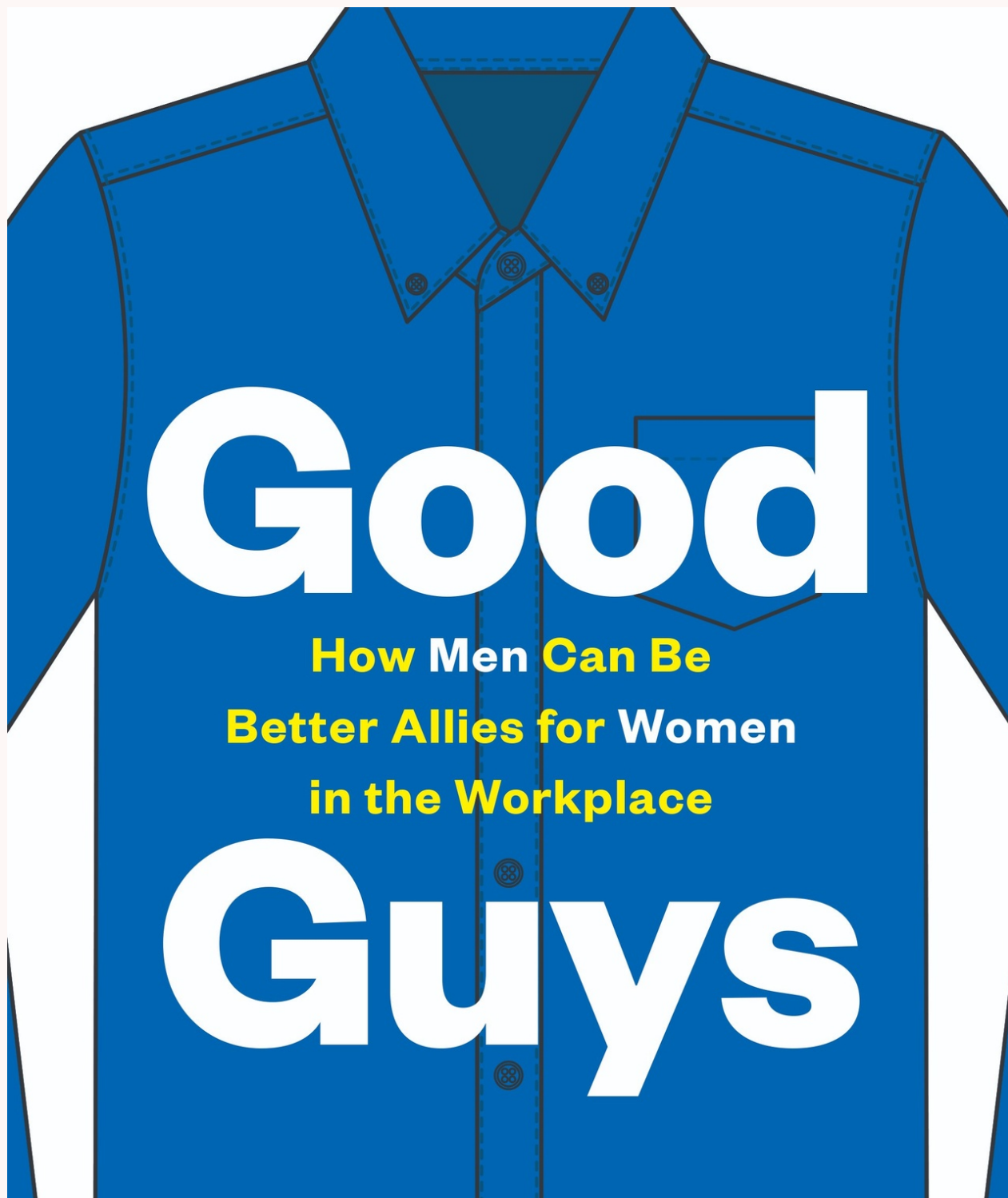
I hope you've gotten some great [practice with willingness](#). It can be fun, right?

Today I want to wish you a **happy Women's History month!** If you're not already convinced that women are fierce and powerful, did you know:

- Patients treated by female physicians have lower mortality and hospital readmission rates than those treated by male physicians
- When women are represented on leadership teams, corporate financial performance dramatically improves
- When women are involved in group decisions about land management, environmental conservation improves
- Women are more likely to bring new and unique skills to professional boards, and these boards are more effective because of it
- When women participate in conflict prevention and resolution, peace agreements are less likely to fail and more likely to endure

The list goes on and on. Women have so much to contribute to the personal and professional arena. Sometimes self-doubt and imposterism can stand in our way. I'll be talking more about this in next month's newsletter and podcast episode. You can also get loads more information in my book, [Be Mighty](#).

In the meantime, you can check out my February [Psychologists Off The Clock episode #185](#) where I interviewed Brad Johnson and David Smith, author of Good Guys, about how men can be better allies—listen with a guy you care about.





My **feel-goodie** of the month is in honor of its creator, Louise Gardner, the ACT Auntie, who recently passed. Her ACT-based art made everyone feel good.



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I'd love to hear from you if you want to connect.

Hang tough, peeps, we've got this.

Jill



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