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Navigating the Workplace: Tips for Women with Disabilities

Although women and minorities — including people with disabilities — are making great strides in the name of equality, there is still a long way to go. Pursuing a thriving professional career isn't always easy. Navigating a workplace environment as a woman with a disability is wrought with prejudice and inaccessibility. So we've pulled together some great resources to help you get ahead and build the career of your dreams.

Start a Business

Launching your own business is a fantastic way to take control of your professional life and increase your earning potential.

- Pick a [business model](#) that will enable you to work from home.

- Think about forming a [business idea](#) based on your personal experiences as a woman with a disability.
- Remember to meet your legal requirements, like registering your business in your state.
- Consider forming an LLC to protect yourself from liabilities; learn about the [register LLC Michigan](#) process.

Recognize Your Value

Imposter syndrome — the feeling that you're a fraud — seems to hit women harder than men. Realize your worth and let go of self-doubt.

- Identify your [personal strengths](#) and take on more projects that align with your skills.
- Emphasize your [soft skills](#), whether it's being a good team player or a strong communicator.
- Don't be afraid to speak up and put yourself [forward](#) for that promotion!
- Realize that failure is an opportunity to learn and grow.
- Don't [explain away](#) your success with excuses or "luck." You worked hard to get where you are— own it!

Never Stop Learning

Continuous learning not only helps further your career but will also keep your passion alive and allow you to gain a greater sense of fulfillment from your job.

- Consider going back to school to [earn](#) a new degree, diploma, or certificate.
- If you have a learning disability, take advantage of apps that make [note-taking](#) easier.
- Find a [female mentor](#) who can offer guidance and support throughout your career.
- Attend industry and [networking events](#) to stay updated on trends and build strong relationships with other professionals.

Unfortunately, we don't all have access to equal benefits and opportunities. Some people may have to work a little harder to achieve their dreams but don't let this discourage you. The best thing you can do as a woman with a disability is to ignore people who put you down and focus on achieving your goals.

[MORC](#) is dedicated to providing long-term support for Southeast Michigan individuals with physical and developmental disabilities. Get involved today!