

Inspiration from the top

Learn how women leaders at Wells Fargo stay motivated, centered, and engaged in their professional lives, while balancing demands on their time — in the office and beyond.

Books to inspire you



Unplug Every Day

by Christina Henry de Tessian

I use and gift this book often because it offers 365 reminders to live better. I open it to random pages and try to apply this “one” thing weekly, if not daily.

Amrita Patel,
National Sales Manager,
Wells Fargo Equipment Finance

The Code of the Extraordinary Mind

by Vishen Lakhiani

This book introduced me to some different ways of thinking, but more importantly, it ignited in me the ongoing need to continually learn. I need to learn, grow and surround myself with people who have different strengths because these people can help me learn more about myself to serve others. I have a notebook where I write down thoughts and ideas about how I can take in what I’m hearing and translate it to a professional or personal relationship or an opportunity in front of me.



Mary-Jo Gagliardi,

Senior Vice President,
Human Resources
Business Partner

What I Know for Sure

by Oprah Winfrey

As a leader, I’ve learned it is critical to be present and in the moment with my team, and reading “What I Know for Sure” guided my mindfulness practice. Often times a leader can find being present difficult with all the deadlines and business objectives the day brings, so in order to achieve that goal, I start and end the day by putting me first. I take 10-15 minutes each morning to be thankful



Monica Cole,
Head of Food, Beverage
& Agribusiness,
Specialized Industries,
Commercial Banking

for whatever comes to mind and verbally acknowledge it as important to me, and I’ve found this helps me start the day in a positive and energized way.

As I work with my team members on any number of key issues during the day I am in the moment with them and I always find a way to make at least one of them laugh during the day, which reminds me of how I started my day... thankful. I end my day with 15-30 minutes reflecting on what I could have done or said differently and looking forward to an opportunity to have one more shot at it.

Educated

by Tara Westover

The author of this book was born to a Mormon survivalist home in rural Idaho, and mainstream medicine and schools were mistrusted, so she was kept out of schools through her childhood. She fought to teach herself math fundamentals and to take the ACT, successfully gaining admission to Brigham Young University, then on to a PhD at Cambridge University. Tara Westover brings to life a remarkable and inspirational story of self-discovery and finding your own perspective in this world. I love the story of resilience in this woman — it really resonates with me.



Christine Guo,
Vice President,
Wells Fargo Strategic Capital

Apps to keep you centered

Ziva Meditation

created by Emily Fletcher

This app helps individuals meditate for high achievement or personal fulfillment. Envisioning what you want to happen next can help you lead a more fulfilled life, be more mindful, and express gratitude. Meditation seems to be a common thread amongst high achievers, and I try to meditate for 20 minutes two times each day—some days I’ve got it, other days I don’t.

Mary-Jo Gagliardi,
Senior Vice President,
Human Resources Business Partner

Alo Moves

This yoga app allows me to keep practicing on the road. I can choose how much time I have and if I want to focus on a particular part of my body to stretch, so I have no excuses not to do it.

Michelle Neufeld,
Financial Institutions and International Control Leader



Four ways to be your best self at work



1. *Prioritize and deprioritize projects*

One of my top challenges is effectively prioritizing the myriad demands on my time, so I intentionally set objectives/ to-dos each week. It’s too easy to get swept up by the “urgent, less important” asks and not get to the “important, less urgent” projects. It’s helpful for me to proactively highlight 3-5 things I want to make sure gets done that week, and more importantly, deprioritize those items that don’t have to be done.

Christine Guo,
Vice President, Wells Fargo Strategic Capital

2. *Remember why you come to work everyday*

The main thing that keeps me inspired is my family and focusing on my health. I make sure that every day I find time to myself, which tends to be working out in the morning to gain my energy and focus for the day. Then, it really comes down to spending time with my family; being able to come home to my two kids is all that I need every day, and if I am on the road traveling, FaceTime has become the ultimate tool for us to stay connected.



April Frazer,
Managing Director, Head of Banks, Corporate & Investment Banking



3. *Learn to read the room*

I took a body language class and it is definitely one of my best investments in myself. It has helped me understand all the non-verbal messaging that happens in the office and beyond, which can be crucial to communicating and leading effectively.

Michelle Neufeld,
Financial Institutions and International Control Leader

4. *Let your “why” guide you*

Remember your “why” and be sure to make space for it in your day. It’s crucial to create time and space away from work, and to remember there is life outside of your job.



Find a way to use your why to build and sustain the energy needed to continue to provide what both your clients—and colleagues—need.

Liz Peterson,
Senior Vice President, Communications Manager