

Ellen Connelly Taaffe Bios, Links, and Book Copy

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Suggested Lower Third: Ellen C. Taaffe, Kellogg Professor & Author, *The Mirrored Door*

Bio (Short)

A former Fortune 50 senior executive turned board director, professor, leadership coach, and author, Ellen Connelly Taaffe is on a mission for women to have more seats and voices at the table of workplace decisions. In her book, *The Mirrored Door: Break Through the Hidden Barrier that Locks Successful Women in Place* (October 10, 2023 / Page Two), Ellen uses her vast experience to help women understand and navigate through internal and external obstacles to create the future career they desire.

Bio (Longer)

[Ellen Connelly Taaffe](#) is a Clinical Associate Professor at the Kellogg School of Management, where she teaches Personal Leadership Insights and is the Director of Women's Leadership Programming. Ellen designs and delivers the Kellogg Women's Leadership Seminar series, the signature program for female students across Kellogg's Full-time, Evening/Weekend, and Executive MBA programs.

Outside of Kellogg, Ellen serves as an independent board director for two public and one private company boards, where she is a Lead Director, Vice Chair, and chairs one Nominating and Governance Committees and one Compensation Committee and serves as a member of two audit committees. Ellen also runs a leadership advisory consulting, speaking, and coaching business and is a TEDx speaker. She shares her insights on leadership, careers, and advancing women and inclusion through her writing and speaking in media like *Harvard Business Review*, *Wall Street Journal*, *Forbes*, *Business Insider*, *Washington Post*, *Bloomberg*, and *Kellogg Insight*.

Prior to her academic, governance, and coaching career, Ellen spent 25 years with Fortune 500 companies holding the top brand management post at divisions of PepsiCo, Royal Caribbean, and Whirlpool Corporation. She built world-class brands, led multi-billion-dollar portfolios with P&L responsibility, launched new businesses, led turnarounds, and merged businesses and cultures post-acquisition. In her book, *The Mirrored Door: Break Through the Hidden Barrier that Locks Successful Women in Place* (October 10, 2023 / Page Two), Ellen uses her vast experience to help women understand and navigate through internal and external obstacles to create the future career they desire.

About The Mirrored Door Book (Log Line)

Unlock what's blocking your career and open the door to new opportunities.

About The Mirrored Door (Full Description)

The Mirrored Door: Break Through the Hidden Barrier that Locks Successful Women in Place

Unlock what's blocking your career, and open the door to new opportunity

At some point in their careers, many women encounter the mirrored door—the place where, when presented with opportunities, they reflect inward and hesitate, deem they're not ready or worthy enough to move forward, whether that is to raise their hands or go for the next role.

But there is a way to break through, and to overcome the gendered expectations that girls and women internalize over our lifetimes that create a hidden barrier that keeps them from reaching their full potential.

Drawing on research, stories from her own career, and those of her students and the mid-late career women she has coached, Professor Ellen Connelly Taaffe explains why the five perils of success—being prepared to perfection, eager to please, trying to fit the mold, pushing too hard, and patiently performing and expecting rewards to follow—get women to a certain level, and then may prevent them taking the next step in their careers as expectations rise. She offers a new, empowering framework for navigating the challenges of the workplace with more awareness and expertise.

With a firm grounding in research, Ellen teaches about the realities of the workplace, how it influences perceptions of women, and what to do to overcome the distorted self-reflections that ultimately hold us back.

A former Fortune 50 senior executive turned board director and professor, Ellen is on a mission for women to have more seats and voices at the table of workplace decisions. In *The Mirrored Door*, she guides the reader to assess themselves and their situations realistically so that they can take charge of their career success and take the lead in their lives.

Links

Web site: ellentaaffe.com

Social media: [LinkedIn](#) | [Twitter](#) | [Instagram](#)

Book page : [The Mirrored Door](#)

Faculty Page: [Professor Ellen Taaffe](#)

GiveAway and Email Sign Up: [Ten Tips I Wish I Knew Earlier in My Career](#)

LinkedIn Newsletter: [Swag-Her! Your Career, Your Way.](#)