



## Women In Accounting – Don't Cry

Have you see Jersey Boys? Or, are you old enough to actually remember when the Four Seasons' songs were at the top of the hit list?

One song title stayed with me all these years and helped me travel the female career path: **Big Girls Don't Cry.**

Later on, one of the lists from [Gail Evans' book](#), Play Like A Man, Win Like A Woman brought me another line to remember. On the list of Six Things Men Can Do At Work That Women Can't. Number 1 is: **They Can Cry. You Can't.**

[Sylvia Ann Hewlett](#), in her book Executive Presence: The Missing Link Between Merit and Success: "Crying, I found in my research, is just one of a menu of communication blunders that, in a mere instant, can suck the executive presence right out of you."

[Mika Brzezinski](#) commenting on when she got fired from CBS: ".....but there was no place for those tears in that moment. If anything, when you cry, you give away power."

Here's the best story.... from a post by [Lisa Quast](#) on [Forbes](#): *The next time you feel like crying at work, take a few slow, deep breaths, roll your shoulders up and down several times and try to relax. Picture in your mind the line from the movie "A League Of Their Own" when Tom Hanks' character says to one of the female baseball players, "Are you crying? ARE YOU CRYING? There's no crying! THERE'S NO CRYING IN BASEBALL!" Then try to laugh at yourself to help diffuse the emotions of the situation.*

What worked for me, for many years, is that when I felt myself begin to tear-up.... I would simply excuse myself and take a brisk walk down the hall, around the office. It's better to be abrupt and mysterious than to cry. Besides, as females KNOW, crying usually doesn't really mean that you are upset, angry, hurt, happy, or sentimental.... it's a pure emotion we really can't control.

Men, if you are confronted with this situation – it's not personal and usually not significant. When counseling and mentoring females and tears happen, simply hand them a tissue (keep tissues handy in your office), and ignore the tears.

Ladies, one more thing from Gail Evans' list of Six Things Men Can Do At Work that Women Can't: #6 – They Can Be Ugly. You Can't.

*It's supposed to be hard. If it wasn't hard, everyone would do it. The hard is what makes it great.*

TOM HANKS IN A LEAGUE OF THEIR OWN

