The Career Influencers

What factors shaped your professional path?

A new survey from Citi and LinkedIn explores the people and experiences that shape our career dreams, our self-confidence, and the way that we think about work-life balance.

### The Influence of Work-Life Balance

77% of women have more than 1 workday a week where their career takes priority over their wellbeing. How do you feel when you hear a powerful woman talk about her struggles to balance work and family?

- **65%** say it makes them sad
- **45%** say it angers them
- **35%** say it makes them feel better
- **26%** say it makes them more likely to work harder

Most professionals say there’s a choice to work the balance, and the salary doesn’t necessarily come down 42%

### The Influence of Self-Promotion

Women now most commonly realize a lack of support from colleagues, male and female, in their workplace. This is often the result of a lack of full understanding about their self-promotion.

- **50%** say it makes them feel sad
- **40%** say it makes them feel angry
- **25%** say it makes them feel better
- **15%** say it makes them more likely to work harder

### The Influence of Your Dreams

Women were most likely to think that they wanted to work in the educational or religious fields, while men were most likely to have dreams that were in technology or medicine.

- **40%** for women
- **30%** for men

Who shaped your childhood career dreams?

- **50%** for women
- **40%** for men