

Jane Austen

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Kicking ass in a corset

A book offering women advice on realising their own internal power and based on examples from Jane Austen's writing has been published. *Kicking Ass in a Corset: Jane Austen's 6 Principles for Living and Leading from the Inside Out*, by Andrea Kayne, looks at the strategies used by Austen's 18th-century fictional women and offers suggestions as to how they can be applied in the 21st century.

In its pages Kayne shares “the six core virtues of Austen's heroines — confidence, pragmatism, diligence, integrity, playfulness and humility”, and shows how they form the basis of “internally referenced leadership”. She added: “Taken together, these principles help women tap into a deep well-spring of personal strength and internal locus of control that is always available to them.”

Kayne has told how during the 2016 JASNA annual general meeting



in Washington, DC, she had a revelation while sitting in a restaurant with a friend and fellow Janeite. “I told her Jane Austen just so crystallises my interests in leadership and interests in women in corporate culture,” she said of her “aha” moment. “Honestly, it was a back-of-the-napkin list.” This led to the list of Austen heroines detailed in her book.

Kayne, who directs the Educational Leadership Program at DePaul University, now teaches courses on the principles from *Kicking Ass in a Corset* in addition to a related coaching programme. “The corset is this metaphor for constraints that leaders, especially women leaders, face, whether it's harassment or sexism or the imposter syndrome, or having to prove themselves in ways that their counterparts just don't,” she said. Full details from: andreakayne.com

