



Power Lunches for Women

Diane K. Danielson, co-author of "Table Talk: The Savvy Girl's Alternative to Networking," urges women to think about the following working-lunch facts:

- Working through your lunch hour is not smart. Lots of valuable information is exchanged at lunch — and if you're not there, you'll miss it. Not only that, but many relationships are built and strengthened at the lunch table. Think about it — are you really better off working through your in-box and scraping crumbs off your skirt? You might feel like you're getting more work done and being more productive, but you might be missing something bigger and better.
- Don't save your lunches for clients only. Go out with your co-workers. It's likely you'll be astounded at some of the things you will learn that you didn't know about and the amount of information that gets exchanged over a turkey on rye.
- If you're a working mother, you'll gain the most by sticking to CLCs (coffees, lunches and cocktails). Working mothers have time constraints, and this will help rein in the problem. It also helps eliminate those never-ending dinners.
- Lunch helps curb other problems that occur over dinner as well. Lunches are rarely misconstrued as dates, and it reduces the chance that alcohol consumption will take place.