



## **Lift Article Submission Guidelines**

**Lift** welcomes news articles about current issues and events, creative writing, musings, book reviews, calendar listings, letters to the editor, visual art (photos and drawings), poetry, and more focused on women.

Submit your words in a word document (.doc, docx) or in the body of an email. Images should be submitted electronically in .jpg or .png format. Our Editors reserve the right to reprint your work in current and future related publications, in print and/or online. We will attempt to notify you in advance if we do so. You retain ownership of your work and may re-use it, provided that its previous appearance in **Lift** is noted, along with our website (e.g., "This piece previously appeared in **Lift** (at [nationalwomenscouncil.org](http://nationalwomenscouncil.org)). Note that **Lift** is an online publication. Newsletters are currently posted online in PDF format and reach more than 120,000 business professionals. Please review examples of past National Women's Council newsletters [here](#) and [here](#).

### Examples of Potential Topics:

*Professional Growth*  
*Economics*  
*Leadership*  
*Entrepreneurship*  
*Work/Life Balance*

*Executive Presence*  
*Risk Taking*  
*Coaching*  
*Generational Differences*  
*Mentors/Sponsors*

*Strategic Thinking*  
*Communication*  
*Health*  
*Power & Influence*  
*People Management*

Submission length: there is no minimum length. There is a maximum length of 800 words. Email submissions to [Lift@nationalwomenscouncil.org](mailto:Lift@nationalwomenscouncil.org). Articles are due two weeks prior to **Lift's** quarterly release date. Please see our Newsletter Calendar for more information on timeline.

Please include the following at the top of your submission:

- Your name
- Your email address
- Your name as you wish it to appear in the newsletter (you may use a pseudonym or modify your actual name)
- Name of the piece you are submitting
- A 1 or 2 sentence bio to follow your piece