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Latinas in
CORPORATE



MYRIAM DEL ANGEL



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Chicago Author, Human Resources Professional Launches Latinas in Corporate; Book presents stories examining real-life challenges of Latina women in the corporate world

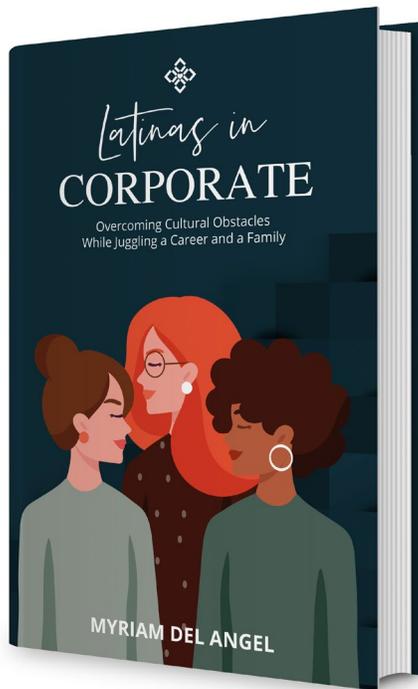


(Chicago, Illinois) April 14, 2023—Myriam Del Angel, a Chicago-based human resources professional with experiences working at Microsoft, Accenture, Deloitte, E&Y, PwC and Grant Thornton, gives readers three different scenarios of Latina women in corporate America with her new book called “Latinas in Corporate: Overcoming Cultural Obstacles While Juggling a Career and a Family” published by Fig Factor Media.

Using her cultural background of being a first-generation Latina of Colombian and Mexican descent as well as first-hand stories from women who work in corporate America, Del Angel created three Latina fictional characters facing real-life challenges at home and at work. Readers learn

about a young Colombian woman from Miami caring for her elderly parents, who is asked to change her hair and wardrobe to fit in at her workplace; a Mexican woman from Chicago trying to climb the corporate ladder to partner at a firm without support from her family and an older Puerto Rican woman from New York, facing retirement and learning to be proud of her accent in the corporate world. The book addresses other issues such as divorce, menopause, dating and guilt for not being the best daughter, wife, mother or employee.

“As a Human Resources professional, I get to see the good, the bad, the ugly,” said Del Angel who is also an author in “Latinas Rising Up in HR Vol.1.” “And also in my experience with Diversity, Equity, and Inclusion, I saw a lot of inconsistencies among not only females but people of color. Many women have shared their stories with me and the same themes kept coming up over and over again.”



Del Angel also educates her readers about how Latinas are paid and seen in the American workplace. According to the [National Partnership for Women & Families](#) “for every dollar a white, non-Latino man makes in corporate America, their Latina coworker makes a mere 54 cents.” According to [LeanIn.org](#), “Latinas ask for promotions and raises at a similar rate to white men yet the “broken rung” still holds them back at the first critical step up to manager. For every 100 men promoted to manager, only 75 Latinas are promoted.”

“What’s so surprising is that I speak to Latinas all the time and I ask them ‘Did you know that we are the least paid of any gender and race in corporate America?’”

she said. “The response I receive is ‘I never heard of that.’ When I hear this, I’m shocked, but it’s true. What I’m doing in this book is to educate readers of all racial backgrounds and Latinas about this statistic because we should know what the numbers look like.”

After resonating with these moving stories, readers will also find a section of resources and tools for mental health, building confidence, education, and connecting with professional organizations.

“There is a widespread belief among Latinos, especially the older generation, that discussing mental health will be an embarrassment and shame for the family,” she said. “So, I talk about the need to change this belief. How can we be productive in the world if we don’t feel good in our own skin? So, I recommend that when you’re ready to talk to someone, find a therapist that works for you. In the book, I have a resource that helps Latinas connect with Latino/a mental health professionals through a website such as <https://latinxtherapy.com/>.”

Del Angel wants to empower Latinas to speak up for themselves in their workplace and to not be afraid to network to find other job opportunities.

“Unfortunately, for Latinos, we’re raised to put our heads down, work hard and then hope that someone taps us on the shoulder to acknowledge our talents,” she said. “That’s not how it works in corporate America. You need to advocate for yourself.”

“*Latinas in Corporate*” is available on [Amazon](#), [BarnesandNoble.com](#), and [Walmart.com](#)



Myriam Del Angel has over 20 years of experience as a bilingual human resources professional. She has advised leadership on all aspects of human resources and Diversity, Equity, Inclusion, and belonging. She holds a bachelor's degree in human resources from Northeastern Illinois University and has worked for companies such as Arthur Andersen, Microsoft, the University of Chicago, Accenture, Deloitte, E&Y, the University of IL at Chicago, PwC, and Grant Thornton.

Myriam is a contributing author for “Latinas Rising Up in HR Volume 1,” a book that proudly showcases incredible stories of inspiring women making a difference and rising in the HR field across multiple

industries. She also participates in panels and podcasts about career development, human resources, and Latina empowerment.

She is a foodie, and loves Latin dancing, CorePower yoga, and traveling. Myriam is Colombian and Mexican and is a proud mom of three teenagers who love and play soccer, and she spends her time between Chicago and Miami.

ABOUT FIG FACTOR MEDIA:

Fig Factor Media Publishing is an international publishing company with a “beeping” heart. Fig Factor Media has helped many authors achieve and support their dream of impacting their communities in the United States, Mexico and Europe. Fig Factor Media is the official publisher of Today’s Inspired Latina. For more information, www.figfactormedia.com. ###





ABOUT MYRIAM DEL ANGEL:

Myriam Del Angel has over 20 years of experience as a bilingual human resources professional. She has advised leadership on all aspects of human resources and Diversity, Equity, Inclusion, and belonging. She holds a bachelor's degree in human resources from Northeastern Illinois University and has worked for companies such as Arthur Andersen, Microsoft, the University of Chicago, Accenture, Deloitte, E&Y, the University of IL at Chicago, PwC, and Grant Thornton.

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ABOUT "LATINAS IN CORPORATE":

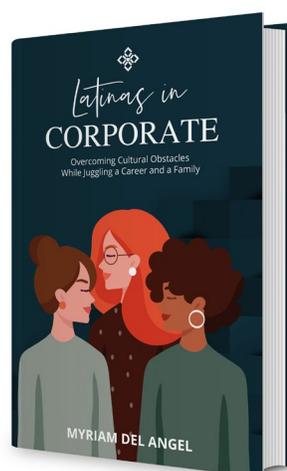
Myriam Del Angel, author of "Latinas in Corporate: Overcoming Cultural Obstacles While Juggling a Career and a Family," shares a statistic from the [National Partnership for Women & Families](#) "for every dollar a white, non-Latino man makes in corporate America, their Latina coworker makes a mere 54 cents." In addition to being underpaid and underrepresented as women in this industry, Latina women often face other challenges, including cultural bias and discrimination.

Del Angel shares her insights about the state of Latinas in corporate America through fictional stories and real-life situations that give examples of how some women have navigated and balanced their career goals while also being affected by their values and cultural beliefs.



PAPERBACK

- **Publisher:** Fig Factor Media Publishing
- **Publication Date:** March 28, 2023
- **Language:** English
- **Pages:** 142 pages
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- **Item Weight:** 8.5 ounces
- **Dimensions:** 5.5 x 0.32 x 8.5 inches



HARDCOVER

- **Publisher:** Fig Factor Media Publishing
- **Publication Date:** March 28, 2023
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- **ISBN-10:** 1959989200
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- **Item Weight:** 11.2 ounces
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EBOOK

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- **Publication date:** April 12, 2023
- **Language:** English
- **File size:** 2453 KB



Author Captures Corporate Side from a Latina Perspective: Chicago-based Myriam Del Angel, author of “Latinas in Corporate: Overcoming Cultural Obstacles While Juggling a Career and a Family,” became interested in sharing her story working in human resources through the book “Latinas Rising Up in HR Vol. I.” Being a natural networker, she met other Latinas from the book and the world of HR and heard the good, bad and the ugly about their experiences. She also found statistics such as the one from the [National Partnership for Women & Families](#) “for every dollar a white, non-Latino man makes in corporate America, their Latina coworker makes a mere 54 cents.”

Armed with statistics and stories from what she has heard from her networking, Del Angel was encouraged to create fictional characters and depict their situations in her new work.

Hitting Different Stages of Their Lives: It was important for Myriam Del Angel, author of “Latinas in Corporate: Overcoming Cultural Obstacles While Juggling a Career and a Family, to showcase Latinas from different ethnic backgrounds at various stages of life through specific characters. For example, one Latina, who is in the middle of her working years, is Mexican and lives in Chicago with her family but is not getting the support that she needs as she tries to become a partner at a firm. All the women in the book experience struggles with issues such as divorce, cancer, menopause, dating, retirement and the guilt about not being a good mother, wife/partner or being the best employee. Del Angel explains that she wanted to put these stories in her book so that women can understand these life challenges and don’t feel alone.

Taking Care of Yourself First: After reading through the stories and data in “Latinas in Corporate: Overcoming Cultural Obstacles While Juggling a Career and a Family,” author Myriam Del Angel also wants women to find the resources and tools for additional help in the areas of community, education, confidence and mental health professionals through websites such as [latinxtherapy.com](#).

Del Angel said “there is a widespread belief among Latinos, especially the older generation that discussing mental health will be an embarrassment and shame for the family.” According to an article from [Good Morning America](#), its story cites the [Centers of Disease Control and Prevention](#) website showing “that 40.3% of Hispanic people experienced symptoms of depression, compared to 25.3% of white people. Latinos also face disparities in access and quality of mental health treatment, [according to](#) the American Psychiatric Association, which cites language barriers, lack of insurance and “lack of culturally tailored services and culturally competent mental health professionals” among the many contributing factors.” Included in the book is a mental health professional website called [latinxtherapy.com](#). Del Angel can talk about other resources.



- Myriam, tell us about yourself and your business background?
- What prompted you to create this book?
- Can you explain the book's structure and why you choose to do the book in this way—the fictional but realistic stories of 3 women. Was it difficult choosing the stories to present in this book?
- What are the issues that Latinas in the corporate world are facing today? What do you think are the remedies?
- What led you to enter the human resources field? Why do you like that field?
- What are you hoping that readers will take away from this book?
- Are there plans to write another book?