Are women really moving up in the workplace?

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The #MeToo movement has thrown a spotlight on gender discrimination issues in the workplace. But is office culture really changing? It depends on whom you ask.

Only 20 percent of women agreed things have gotten better for women in their companies in the last five years, according to a new ASCEND-Morning Consult poll.

Meanwhile, men were significantly more sanguine about progress: 33 percent said they've seen positive change in the last five years.

"We were actually quite surprised," Katherine Phillips, a Columbia Business School professor who analyzed the poll's results for Ascend and Morning Consult, told "Morning Joe" co-host and Know Your Value founder Mika Brzezinski.