Improving Work-Life Satisfaction for Individuals in STEMM

AWIS
ASSOCIATION FOR WOMEN IN SCIENCE
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Hosted by the Office of Faculty Development and Equity
Drexel University
www.drexel.edu/fde

Friday, December 14, 2012
12 Noon – 2 PM (Eastern)

Please email fde@drexel.edu for a link to the RSVP form.

Workshop Information

Given the work environments and expectations for individuals in science, and the fact that a career in science is very often a way of life and far more than a job, work-life satisfaction can be elusive. While advocating for change in policies and systems continues to be important, individuals in science, technology, engineering, mathematics, and medicine (STEMM) must find the personal work-life strategies that work for them within the systems in which they work. This interactive program will help you to:

- Examine how your current choices impact work-life satisfaction and identify changes that will have the biggest impact on personal and professional satisfaction
- See your personal challenges and opportunities from a fresh perspective
- Recognize the critical importance of recovering from stressors to stay motivated and engaged
- Understand how incongruence between your values/priorities and actions can drain energy and negatively impact work-life satisfaction
- Maximize your energy level for improved performance and increased productivity
- Craft a personalized plan to improve your work-life satisfaction

[*] *The program will be presented by Donna J. Dean, Ph.D, Past President and Consultant, Association for Women in Science, and Cynthia Simpson, M.Ed, CAE, Director of Programs and External Relations, Association for Women in Science.*