

EWOC 2020 Morning Session Workshops

9:00-10:30 a.m. EDT/6:00-7:30 a.m. PDT

Positive Psychology: Be Happier and Know Why – Lara Kallander, Ph.D., Thriving Through Adversity Coaching

Would you like to understand and practice interventions to live a more joyful and fulfilling life? Positive psychology is the scientific study of what makes life worth living and decades of research can be used to improve your well-being. By practicing 3 techniques in this interactive class (gratitude, resilience, and kindness toward others) you will get a chance to discover which tools work best for you to create new positive habits.

The Power of Shared Experiences: Our Voices, Our Stories – Kimberly Steward, Ph.D. Corteva Agriscience

What connects us all as human beings is that we each have a story to tell. We all want to be seen, heard, connected, and know that we matter. This workshop will explore the many benefits of bringing our dimensional selves to science and sharing our individual stories with others. We will create a space for us to courageously reflect, write, learn, share, and most importantly listen. Small break-out groups will be created for participants to hear personal narratives from other women in chemistry and have the opportunity to share their own.

“When we share our stories, we are reminded of the humanity in each other.

When we take the time to understand each other’s stories, we become more forgiving, more empathetic, and more inclusive.” – Michelle Obama

Mentors vs. Sponsors: How to Develop Relationships to Achieve Your Full Career Potential! – Jaika Doerfler, Ari Ericson, Noah Fine Nathel, Sharon Michalak, Olga Mukhina, Jo Anna Robinson, Janine Tom, Kumiko Yamamoto, R&D and Process Development at Amgen

“A mentor will talk with you, but a sponsor will talk about you.” (Heather Foust-Cummings)

Who’s counseling you? Who’s got your back? Who’s putting your hat in the ring? In this interactive workshop, you will learn the fundamental comparisons between mentors and sponsors, and why you need BOTH to advance your career. Additionally, we will impart to you a roadmap for development and maintenance of crucial relationships with those who will coach you and advocate on your behalf.

Furthermore, have you mentored/sponsored someone? Are you curious what kind of support your colleagues in their early career are looking for? This session will support your efforts and provide tools to navigate and support these relationships.

The break-out session will start by discussion of similarities and differences between mentor and sponsor relationships. Afterwards, the participants will learn the value of these relationships through interviews with organic chemistry professionals in academia and industry at different career stages. Finally, the attendees will have the opportunity to share their own experiences. Allow us the opportunity to shape your action plan to initiate and develop fruitful professional relationships for your career!

(This session will be offered again in the afternoon)

EWOC 2020 Afternoon Session Workshops

4:30-6:00 p.m. EDT/1:30-3:00 p.m. PDT

Mentors vs. Sponsors: How to Develop Relationships to Achieve Your Full Career Potential! – Jaika Doerfler, Ari Ericson, Noah Fine Nathel, Sharon Michalak, Olga Mukhina, Jo Anna Robinson, Janine Tom, Kumiko Yamamoto, R&D and Process Development at Amgen (**Repeat offering of this session**)

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Honing Your Negotiation Skills for Positive Outcomes – Geraldine Richmond Ph.D., Presidential Chair in Science and Professor of Chemistry, University of Oregon

Negotiations occur every day in the scientific laboratory and workplace and often involve issues that are key to research success and career advancement. This workshop teaches the fundamentals of negotiation relevant to a variety of one-on-one conversations and group settings. Topics include the importance of negotiation to advance research and career objectives, identification of negotiables for research, teaching and career advancement, elements of a successful negotiation, the importance of developing alternatives to an agreement, techniques for handling difficult people and conversations, the importance of listening and appreciating different viewpoints and identification of short and long-term negotiation goals.

Managing My Style for Improved Workplace Outcomes – Jennifer Lafontaine, PhD, and John Mathias, PhD, Medicine Design, Pfizer, Inc.

The ability to work effectively with coworkers and in teams, including the ability to resolve conflicts, is a key requisite for success in the workplace. Participants in this workshop will learn the five ‘conflict styles’ according to the Thomas Killman Conflict Mode Model and will gain an awareness of their own natural style and its impact on managing a range of different scenarios, including conflict resolution. The workshop will examine how different styles interact to drive different outcomes, and the group will discuss strategies to apply this understanding to develop strategies to resolve conflicts, increase collaboration, and improve workplace productivity. By the end of the training, participants will become more aware of the role their style can play in their effectiveness in their job, better understand others’ viewpoints, and learn how to modulate their choice of style to engage productively with individuals with different styles & conflict-handling modes to achieve desired outcomes.