

In Person Workshops- Friday June 23, 12:30PM PT

Inspiring Self and Others – Transitioning from Scientist to Team Leader

Sharon Michalak, PhD., Senior Scientist, Process Development, Amgen Inc.

Kate Ashton, PhD., Principal Scientist, Research and Development, Amgen Inc.

This workshop will focus on the transition from individual contributor to team leader throughout various stages of a scientist's career. The discussion will include expanding leadership roles within technical mentorship, team management and external eminence. You will learn strategies for overcoming challenges associated with transitioning into leadership roles such as the imposter syndrome, self-advocacy and inter-personal communication. We will provide you with tools on how to create a cohesive team while focusing on individual's unique motivations. We will draw from our group experiences on the importance of leading with empathy and attributes of great leaders in our field. As scientists we all experience the enhanced fulfillment in our work that comes from a positive team environment, this workshop will help to identify the leadership skills needed to cultivate the best teams.

Communication in Industry –Tips and Tricks from Early Career Chemists

Anna Wagner, PhD. Gilead-Process Chemistry

Ciara Ordner, PhD. Novartis-Medicinal Chemistry

Samantha Green, PhD. Genentech-Medicinal Chemistry

How can you get your colleagues to buy-in to your latest idea? So much of getting others to support you and your ideas, comes down to how you communicate! In this workshop, we'll go through some common scenarios we've encountered in our early years in the pharma industry in medicinal and process chemistry. We will discuss how we've approached communicating through difficult situations and some lessons learned along the way. We hope by the end of this workshop, you'll have confidence in how to approach communication with your managers, teammates, and cross functional colleagues to succeed through your early industry years!

From Burn-out to Resilience – Get in the Driver's Seat of Your Life

Lara Kallander, PhD, MAPP, PCC, Thriving Through Adversity Coaching

One key theme I hear from women who are working in STEM is that many people are burned-out. Burn-out is a syndrome resulting from chronic workplace stress, which can lead to exhaustion, negative feelings toward the job, and reduced professional efficacy. An alternative, resilience, is the ability to bounce back from adversity or stay steady during difficult times, literally having the tools to manage chronic workplace stress. We will discuss three resilience tools and see which ones you can apply to your life today. Specifically, we will look at negotiating boundaries, delegating, and physical health. Practicing resilience skills like these can turn your experience around from exhaustion to enjoyment