

AWIS

ASSOCIATION FOR WOMEN IN SCIENCE

A NETWORK, A RESOURCE, A VOICE

Learn to Juggle without Joining the Circus: Strategies to Deal with Your Career and Work-Life Balance Challenges

Networking and Program hosted by the Chicago Chapter of AWIS*

Monday, February 16, 2009

7:30 AM to 12:00 Noon

Plaza Ballroom - Hyatt Regency Chicago on the River Walk, 151 East Wacker Drive, Chicago

Sponsor:



As women in the field of science, technology, engineering or math, we know you juggle major work-life challenges every single day. Building on our popular career development "What Works" programs, this interactive workshop will provide practical strategies to help you:

- *Prioritize the demands on your time
- *Assess your personal & professional responsibilities
- *Identify your sources of joy & happiness
- * Increase your satisfaction with your life & work

Join Dr. Marlanda English, an executive coach and member of the professional AWIS Coaching Team, for a lively session on juggling the demands of career, family, and hobbies and leave with a plan for recapturing that elusive work-life balance.

What Your AWIS Colleagues Are Saying About the Coaching Program

“My only regret was not having worked with a coach earlier in my career. I realize coaching could have shortened learning curves during my early career transitions. I would recommend coaching to any professional who finds herself asking, "what now?" or “how can I improve myself?” Evelyn Jabri, Ph.D.

7:30 AM	Networking - Join us for Coffee and Danishes!
7:45 AM	Welcome by Chicago AWIS Members
8:20 AM	Opening Remarks and Introduction of Keynote Speaker by Phoebe Leboy, AWIS President, Professor of Biochemistry Emerita, University of Pennsylvania, Philadelphia
8:30 AM	Keynote Address: Children, Cats, and a Career by Judith M. Iriate-Gross, Professor, Middle Tennessee State University
9:30 AM	Learn to Juggle without Joining the Circus: Strategies to Deal with Your Career and Work-Life Balance Challenges - Program by Marlanda English, PhD, President, ECS Consulting Associates and member of the professional AWIS Coaching Team
11:30 AM	Adjournment and informal networking

The event is open to all attendees of AAAS annual meeting and the public.

Please register for the event using the form at <http://secure.serve.com/awis/stlregistration.html> or by contacting Raina Aronowitz at aronowitz@awis.org by Monday, February 9, 2009.

*In cooperation with the Association for Women in Science (AWIS) National Office, and the American Association for the Advancement of Science (AAAS). The event is open to all attendees of AAAS annual meeting and the public.