

work-life satisfaction

a workshop for women in science

presented by **Tracy Blois, Ph.D.**

President of the Los Angeles - Ventura Chapter of the Association for Women in Science (AWIS)



Wednesday, February 15, 7 - 9 p.m.
1001 Engineering Science Bldg. (ESB), UCSB

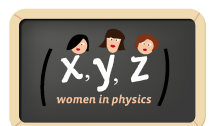
Given the work environments and expectations for women in academia, and the fact that a career in science is very often a way of life and far more than a job, work-life balance satisfaction can be elusive.

This interactive program will help you:

- Examine how your current choices impact work-life balance 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 balance satisfaction
- Maximize your energy level for improved performance and increased productivity
- Craft a personalized plan to improve your work-life balance satisfaction

r.s.v.p. here: <http://tinyurl.com/work-life-workshop>

This program was developed by the Association for Women in Science courtesy of a grant from the Elsevier Foundation.



Directions: From the 217, enter UCSB and merge right after going under the Henley Gate Arch. At the first light, turn left into Parking Lot 10. A parking permit can be purchased with cash or credit card from the kiosks located on each floor of the parking garage (at the corners of the building). ESB is next door to Lot 10, here:

