



Strategies to Deal with Your Career and Work-Life Balance Challenges

Tele-Seminar Series for AWIS Members Presented by the AWIS Coaching Team

An excerpt from AWIS National website www.awis.org

As a woman in the field of science, technology, engineering or math we know that you face career and work-life balance challenges every single day.

Whether you want to advance in your career, find a new job, improve your effectiveness and productivity, enhance your leadership skills or increase your satisfaction with your life and work, you'll find practical strategies in these sessions.

The AWIS coaching team invites you to participate in one or more tele-seminars, where you'll also meet one of our professional coaches and learn more about the AWIS coaching program.

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First Networking Event for the new LA/Ventura County Chapter of AWIS

Come join us and learn more about the newly forming local chapter and how you can become involved!

Are you looking for...

... networking & mentoring opportunities within the scientific community?

... a way to learn more about careers in science (& the business of science) & technology?

If you answered yes to either of the above, then join us at our first networking event!

When: **Wednesday, October 29th 5-6:30pm**

Where: **California Pizza Kitchen**

99 N Los Robles Ave

Pasadena, CA 91101

Phone: (626) 585-9020

Appetizers and beverages will be complimentary.

Please note: you do not need to be a current AWIS member to attend this networking event! Please feel free to invite colleagues who might be interested in such an event.



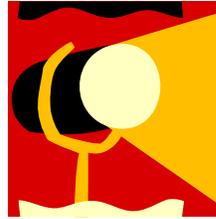
For more information about the coaching program and our coaching team, visit <http://www.awiscoaching.org> or call Pam Williams at 727-393-2341. ***There is no cost to paid AWIS members, however, you must register – see www.awis.org. You will then receive a registration confirmation email with instructions to access the call.***

Upcoming Tele-Seminar Topic Include:

- 5 Things You Need to Know Before Considering a Career Transition
Thursday, October 23, 3:00 – 3:45 PM EST
- Apply Management Maxims to Work/Life Balance
Wednesday, October 29, 8:00 – 9:15 AM EST
- Interviewing For Scientists: How to Speak to be Understood:
Adapting to their Communication Style
Tuesday, November 4, 8:30 – 9:15 PM EST
- Negotiating Skills for Women in Science: Interviewing as a Part of the Opportunity Creation System
Thursday, November 13, 3:00 – 3:45 PM EST
- Difficult People or Difficult Behaviors?
Friday, November 14, 12:00 – 12:45 PM EST
- The Power of the Pause:
Managing Conflict with Confidence
Wednesday, November 19, 11:00 – 11:45 AM EST ♦

Are you looking for a creative outlet for your IT skills? Do you have experience building and maintaining websites? If yes, then we have the opportunity for you!

The LA/VC Chapter of AWIS is in need of a webmaster. If you are interested, please contact Safura Babu-Khan at safurab@amgen.com or send an email to awis-laventura-county@googlegroups.com



AWIS Member Spotlight

AWIS Member *Helen McBride* shares her perspective on the AWIS Mentornet program.

AWIS National Member since 2002
AWIS LA/VC Member since 2008
Mentornet Mentor since 2006

In her words...

I've been a mentor with Mentornet for about 2.5 years now and an AWIS member for 6 years. I consider Mentornet access to be the biggest advantage of membership in AWIS. I participated as a protégée as a postdoc and now am a mentor myself. Mentornet makes mentoring easy because of all the support and resources available through the program. The e-mentoring relationships through Mentornet last 8 months, which is enough time to get to know your protégée and help her with one topic she's focused on. This type of mentoring is great for those that like to see a product at the end of the match. By focusing on one area, you can really help someone make a big step in her professional development.

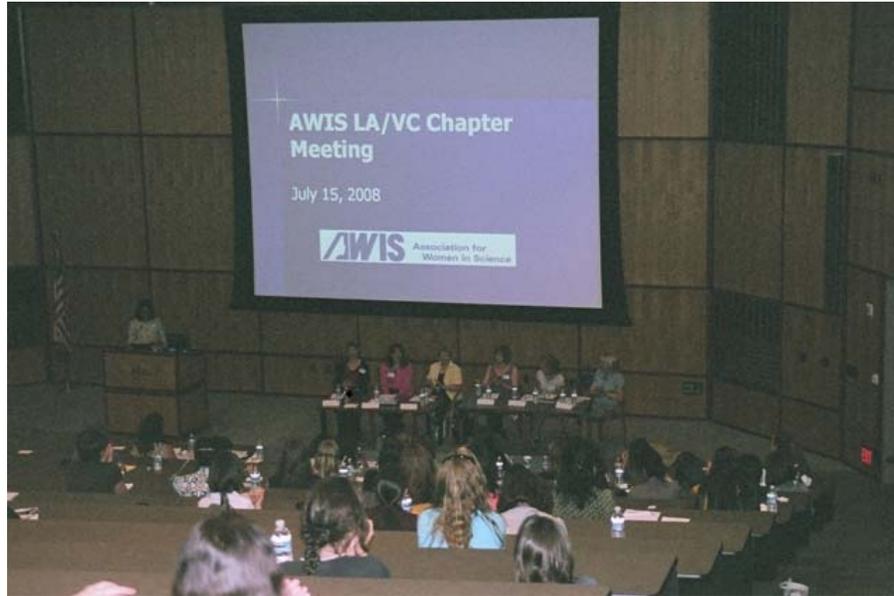
I keep in touch with my three former protégées through email and occasional phone calls, more as a resource now than as a formal mentor. My first three protégées were postdocs looking to transition out of academe and were interested in what industry had to offer. My current one has worked in industry for several years and is now returning to graduate school to obtain her Ph.D.

Each protégée is unique in her questions and motivation in looking outside of academic research, and all of them have been inspirational because of their enthusiasm and curiosity about life beyond the ivory tower. I've been happy to share my specific experiences at Amgen and to help my protégées have more reality on the other opportunities that are out there outside of academic research. I feel that I learn as much from them as they learn from me. It's exciting to share their experiences before and during their job searches, and finally to share in their enthusiasm in starting their new positions. I anticipate continuing as a mentor through Mentornet for as long as the program is there! ♦

First AWIS LA/VC Chapter Meeting

Written by: Cindy Hosobuchi

The first chapter meeting for AWIS Los Angeles/Ventura County was held on July 15, 2008 on the main campus at Amgen located in Thousand Oaks. Over 50 women in science-based careers were in attendance not only from Amgen but from local universities as well including USC, UCLA, and Moorpark College. The panel was made up of six women leaders with various career backgrounds were introduced using an informal Q&A format with Maria Aiello and Safura Babu-Khan from Amgen moderating the discussions.



Hot topics affecting all women in leadership roles today were presented and discussed. A tip on effective networking included the suggestion to not only network within your level but to consider expanding your network outside your department and above your current level. With more women in the work force juggling both family and career it can be a struggle to maintain work-life balance. Many of the speakers spoke from their personal experiences regarding the daily challenges of being able to keep their life in perspective. It is often too easy to be wrapped up in work and deadlines that family can become a secondary priority. It was emphasized to always keep things in perspective by knowing that one is never dispensable to their own families. Another hot topic was the question about why women are underrepresented in the current workforce. The panel felt that for women with families, there are limited options with respect to working in part-time positions, while at the same time there seems to be no clear career pathway available for women. The career paradigm is shifting as women are deciding to have families later in life and the workforce is still catching up with the changing environment. The meeting concluded with a question and answer session which prompted many questions from the members in attendance. One attendee with academic experience probed the panel about how to make the cross over into the industry. Suggestions from the panelists included to research smaller companies who may be able to provide unique opportunities and to find leadership opportunities in the current place of employment. It is these unique opportunities which make a candidate stand out.

Overall, the meeting was a huge success and we thank all those who commuted from the LA County to attend. AWIS LA/VC thanks all members of the panel for helping to make the first meeting such a success.

Jeanine Bussiere, Executive Director, Amgen Comparative Biology and Safety Sciences

Mary Ellen Cosenza, Executive Director, Amgen Global Regulatory Affairs and Safety

Joan Horvath, CEO of Takeoff Technologies and Author

Renata Kovalski, Strategy Implementation Expert/Moorpark College Instructor/Independent Executive Recruiter

Sandy Milligan, Executive Director, Amgen, Amgen Global Regulatory Affairs and Safety

Catherine Stehman-Breen, Vice President, Amgen Global Development ♦

AWIS Member Spotlight

The AWIS Member Spotlight will be a recurring feature in our quarterly newsletter. Future Spotlights will feature national AWIS Chapter Members:

- Dr. Alice Huang
Sr. Faculty Associate in Biology
California Institute of Technology
- Dr. Susan Forsburg
Professor of Biological Sciences
University of Southern California College

If you know a member who you would like to see featured, please let us know! If you are a member and would like to be featured, please contact us at awis-laventura-county@googlegroups.com ♦

CALENDAR OF EVENTS

NEXT MEETING

JANUARY 21ST, 2009

PLACE – VENTURA COUNTY

(PLEASE CONTACT US IF YOU WOULD BE INTERESTED IN PLANNING/HOSTING THIS EVENT)

QUARTERLY MEETINGS

APRIL 2009

PLACE – LA COUNTY

JULY 2009

PLACE – VENTURA COUNTY

OCTOBER 2009

PLACE – LA COUNTY

NETWORKING EVENTS

TO BE ANNOUNCED IN EARLY 2009

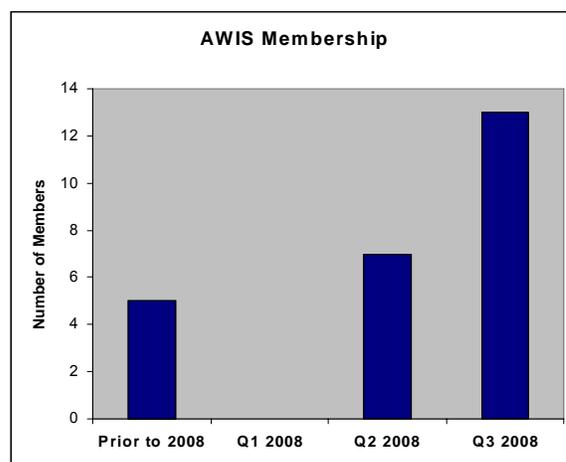
Questions? Ideas for future meetings/newsletter?
Contact us:
awis-laventura-county@googlegroups.com

Membership Meter

The stock market may be down, but our membership numbers are on the rise...

Please help do your part to get the LA/VC AWIS Chapter off to a great start for 2009. It is simple; just join the chapter online at www.awis.org.

Dues are \$65 for AWIS Nat'l and \$20 for the LA/VC. Please be sure to indicate which local chapter you are joining as a percentage of the national dues will be awarded to the chapter. ♦



Unable to attend the first networking event, but still want to expand your professional network?

LA/VC AWIS Chapter members can begin taking immediate advantage of the networking opportunities provided by this organization by getting "LinkedIn". Note, this opportunity is for members only. If you still need to join, see page 4 for details.

It is easy! Just follow these simple steps:

1. Join the LA/Ventura County of AWIS
2. Go to <http://www.linkedin.com/>
3. Sign in to your account or if you are new to Linked In, create your account
4. Search for the group "LAVC AWIS"
5. Select "Join this group" ♦

Next Generation Bioscience Leaders

Executive Education for Women in the Life Science Industry

January 19-23 2009, Claremont, California

A partnership between Keck Graduate Institute and Smith Executive Education for Women

As biotech companies mature, they need to develop and retain the best and the brightest - and now, more than ever, this means women!

The second annual Next Generation Bioscience Leaders forum provides a unique opportunity to advance high-potential women leaders by providing them the opportunity to learn from and network with executives from leading pharmaceutical, medical device, and biotechnology companies. Next Generation Bioscience Leaders will help your company tap the skills, energy, and motivation of its most promising women executives through seminars providing strategic perspectives in critical management and operational areas. The Next Generation Bioscience Leaders experience will set talented scientists and business professionals on the path toward lasting and strategic contributions to the enterprise.

This dynamic collaboration brings together two leading institutions: KGI - experts in developing business leaders in bioscience and Smith - experts in strategic leadership development of women - to provide the bioscience industry with a cutting-edge program to advance their fast-track women in management.

The registration fee is \$4,975 and includes tuition, materials, lodging and most meals. All accommodations are at the Doubletree Hotel, Claremont, CA and are arranged by our program managers. Individuals must make their own travel arrangements.

The deadline for reserving space in this program is December 8, 2008.

For more information, contact:
Diana Bartlett, Director of Corporate Partnerships
Keck Graduate Institute
T: 909-607-9864
F: 909-607-8086
Email: diana.bartlett@kgi.edu

Thanks For Your Feedback!

Written by: Rachelle La Pointe

We greatly appreciate your feedback provided via the Zoomerang survey and welcome ongoing feedback as well!

Here's what we learned:

- We have great LA/VC representation with members/interested members from Amgen, Cal Poly Pomona, Caltech, CSULA, CSUN, JPL, KGI, Moorpark College, Playwerks, Inc, UCLA, UCSB and USC.
- Survey responders have the highest interest in networking events followed closely by promoting science education for young women and attending topic specific seminars.
- We also have members who are willing to help with chapter event organization which is great news. We will be contacting you to confirm interest and thank you in advance for your help! If you did not respond as interested in organizing events, but now have an interest, please let us know!
- It's also great to hear that the first chapter event was a success. Thanks again to our speakers for their time and participation in a panel discussion which exceeded expectations! Thanks also to survey responders who provided very valuable constructive feedback that will help us continually improve as we launch this LA/VC chapter.
- We received some great suggestions for topic specific events/discussions to organize including: local/regional career opportunities, networking opportunities, realistic goal setting, career advancement, how to transition from academia to industry, work life balance, how to self-promote and alternative careers for women with science degrees.
- And as the majority of survey responders would prefer to drive no more than 60 miles round trip for an AWIS meeting, we are looking to host future meetings at centrally located venues.
- We are also exploring options for webinars, virtual meetings and alternate meeting times (early morning and lunchtime).

Thanks again for your feedback! And we're always happy to hear from you at awis-laventura-county@googlegroups.com ♦