1. **Strategies for personal and professional growth: How to coach your way to the top.**

There it was – that opportunity to challenge yourself with a new leadership position or that moment you had to speak up and share your ideas...but then the nagging doubts surfaced: “Am I qualified? Who would listen to me? What if I do or say the wrong thing?” Research shows you are not alone! Highly capable women time and time again pass on opportunities because of perceived barriers, both internal and external. These same barriers can surface in other critical times of our careers, such as when we ought to negotiate our earning potential and/or seek an advanced leadership position. This interactive workshop engages participants in the practice of coaching skills to maximize not only our leadership potential, but also the impact we can have in our careers, our earning potential, and promotion opportunities. Drawing on techniques long utilized by executive coaches to bring out the best in business leaders, participants will 1) be empowered to overcome and/or help others to overcome internal and external barriers which can prevent women from reaching their greatest potential; 2) enhance professional development and leadership skills by asking thought-provoking questions and listening purposefully; and 3) acquire basic training to serve as coaches for themselves and for other important people in their lives. (Audience: All)

2. **Powerful Conversations: Putting Faces to the Statistics**

In science, technology, engineering, math (STEM) disciplines, diversity remains problematic. While women overall have made considerable gains, women of color (WOC) remain disproportionately underrepresented in the STEM disciplines especially in engineering, mathematics and computer science. Whereas women represent 50.5% of all STEM (including social and behavioral sciences) bachelor’s degrees awarded, only 15.8% of STEM BS degrees are awarded to WOC (minority women), and only 11.2% of STEM BS degrees are awarded underrepresented minority women (African American, Latina, and Native American). The overarching goal of this session is to foster dialogue to build strategic alliances across gender and racial differences to address the special challenges facing WOC in the academy and the workplace. A panel of distinguished science and engineering women leaders will share experiences and strategies that have resulted in retention of women and women of color in STEM disciplines. This session will serve as a vehicle to shed light on the issues that often evolve when programs created for the advancement of individuals from underrepresented groups in STEM address the needs and experiences of minorities and women as categorical and separate groups. (Audience: All)

3. **The STEM Briefing**

Step out of the usual and into an engineering and science career with impact. Having a wealth of information on engineering and sciences options and alternatives can help define a STEM direction for you. Begin your undergraduate research now. Join us and find out about UW department admission processes, degree requirements, research areas the STEM scholar is doing, career opportunities of such majors as Bio-Engr., Electrical Engineering, and Physics. Hear from a panel of academic advisors, faculty, your student peers on ways and methods you can create and personalize an academic journey in the sciences and/or engineering that is fit for you (Audience: All)
4. Have You Googled Yourself Lately?

Make no mistake about it: your professional networking contacts are Googling you. Your online image is incredibly important, and your web-based networking activities (LinkedIn, Facebook, Twitter, etc.) can make or break your job search. Learn the top 10 online branding tips on how to be smart and savvy about creating and maintaining your professional digital persona for the effectiveness of marking the real YOU! (Audience: All)

5. STEM got GLAM

Do you love science and technology as much as you love beauty, fashion and all things glamorous? Are you planning to launch your career into the world of online beauty and retail sales? In this fun and inspirational panel, you will hear from three industry leaders who have combined their love of glam with innovative thinking and creativity to make a huge impact on the world of fashion and beauty. Come prepared to think big and envision your future in the world of ecommerce, cosmetics, online fashion, social media fashion marketing, and more! Attendees will receive free beauty/fashion products as well as information about the Washington State Opportunity Scholarship, a program aimed at helping more students (especially women) complete a STEM-related degree and fulfill exciting, high-demand jobs. (Audience: All)

WORKSHOP SESSION #1

1. Careers in Engineering

In this panel, we will have panelists describing their backgrounds and how they are using their engineering degrees in different careers. (Audience: All)

2. Nurturing a Resilient Mindset in Students

*The Thrill of Victory and Agony of Defeat.* It's not just for the sport enthusiast. Are you too shy to take risks and fear failure? Find yourself always looking for that alleged "easy" course. Don't think you're capable of a mastering that subject or major. Then this hour of power is for you. Come learn about Carol Dweck's research on Growth Mindset and how you can use it to elevate your motivation and be willing to potentially fail as a step towards success. This interactive session will help you reflect on your own experiences and share with you academic support resources that can help you how to be resilient moving forward. (Audience: All)

3. Cracking the Micromessage Code: recognizing nuance and using your influence to create inclusive engineering environments

Micromessages are small, semi-conscious interactions (language, visual images and behaviors) that are sent and received when we interact. For women and underrepresented populations in the sciences and engineering fields, these messages can be overwhelming and exclusive. This interactive workshop will
give information about recognizing the micro messages in engineering and sciences and share best practices for overcoming and re-directing those messages. *(Audience: All)*

4. **Balancing your Life: School and Work vs You**

Balancing the requirements of work and school with personal health and happiness. The importance of a personal life outside of work/school obligation. When it’s acceptable to say "No", strategies of setting and maintain boundaries, importance of family/social time and other related topics. *(Audience: All)*

5. **Corporate Science – Big and Small**

Do you envision a career away from academia? Does industry seem appealing? Want to start your own company? There are challenging and rewarding opportunities for scientists and engineers in companies involved with drug development, medical devices and science education. Come hear from women who have experienced working in big, established companies and in small, start-up companies. They represent company founders, scientific officers and advisors to entrepreneurs. Take away a better picture of the skills needed to thrive in industry, as well as the unique skills and mind-set for founding or working in a start-up company. *(Audience: Collegiate, Professional)*

6. **Discovering Your Passion**

Are you unsure of yourself? Aimless? Can’t find your passion? Come learn about discovering your true passions and keeping them alive! You’ve got to find what you love. Your education and work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Plus The Faces of CS: Come learn what a computer scientist looks like and what you can do with a computer science degree. Have fun practicing with binary numbers! *(Audience: Pre-College)*

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**WORKSHOP SESSION #2**

1. **Going to Graduate School in Engineering**

Interested in an MS or a Ph.D.? Learn about different program types. This talk is for both undergraduates wanting to go straight to graduate school (right after graduation or later) and professionals currently working in industry considering going back to school. We will hear from speakers who are either current graduate. *(Audience: Collegiate, Professional)*

2. **Making the Most of your Transition from the Classroom to the Corner Office with a Window**

The transition from student to full time employee can be daunting and stressful. Despite this, it is a critical time for you to make a good impression, begin new relationships while maintaining old ones, and
ensure you have time for yourself. Work can sometimes throw us curve balls that can erode our confidence and make us wonder if we are really ready. This session will explore how to make the most of your new professional career, how to keep up your momentum, how to balance your personal life with the demands of working in industry. (Audience: Collegiate)

3. Engineering in the City – Leading the Charge

Female engineers bring different skill sets to the work environment, and they often face a different set of challenges. Panelists from local city governments will share their experiences working on a wide range of interesting projects in the Public Works arena who work on projects from roads and sidewalks to bridges and Superfund sites. Their work has encompassed planning, design, construction management, maintenance/operations, asset management, and consulting. They will discuss issues such as leadership, relying on your strengths while working on your weaknesses, finding and defining the positive assets you bring to the workplace, having a network of people that includes a safety net of support, and more. (Audience: All)

4. Careers Portfolio 101

Have you asked yourself what makes me unique? How do you stand out on your resume and in person to obtain that desired internship, first career position, or even the school of your choice? Distinctiveness sets you apart! Your individual differences, how you communicate your skills, present your personal brand and project your self-confidence are among the attributes that demonstrate your uniqueness. A panel of former interns, recent graduates and recruiters will discuss strategies, share suggestions and tools to ensure you leave and take away a positive experience to help you reach your desired finish line. (Audience: All)

5. Overcome Gender Bias in STEM: Mentoring & Other Strategies for Career Development

Come join us to discuss and raise awareness to issues that many scientists and engineers face throughout their career. A lively group of women scientists from the physical and life sciences in different phases of their career will cover a variety of topics including challenges experienced in the workplace, the imposter syndrome, mentoring, “sitting at the table,” and strategies for moving towards creating an equitable community in the STEM fields. (Audience: All)

6. Blazing the Trail into Science and Engineering

The STEM to Stern program promotes a learning community for students and interaction with industry mentors to provide real world exposure to STEM careers. Come learn about the Bellevue College program where students develop peer and professional networks and gain hands-on experience that provides the necessary support needed to increase student persistence in STEM fields. Then join in the "Magical, Amazing Chemistry and Its Crucial Role in Understanding Environmental and Health Issues" fun demo and activity. Explore the importance of chemistry in environmental, health, and other real-life topics. (Audience: Pre-College)