

# Five in Fifteen Webinar Series

Cultivating leadership capacities in the STEM industry

This resource provides tips and strategies for women in STEM to successfully integrate careers and home life, and accompanies the “Work-Life Integration” webinar in our Five in Fifteen Webinar Series.

## Resource for Webinar #1: Work-Life Integration

with Joan M. Herbers, PhD

Past President, AWIS & Professor and Dean Emerita, Ohio

Co-PI for AWIS’ STEM to Market program

### Work-life integration begins with awareness:

- Your situation and the systems in which you live and work
- Resources available to you
- Your strengths and weaknesses
- Your values/priorities
- Your current level of work-life satisfaction and your work-life challenges

### Work-life integration is possible:

1. Cultivate a strong support system
2. Exercise your NO
3. Shift your mindset (mental toughness)
4. Establish guilt-free boundaries
5. Ask for what you want and need
6. Plan and prioritize
7. Recharge your batteries



**Join or partner with AWIS today!**

1667 K Street, NW Suite 800  
Washington, DC 20006

[awis@awis.org](mailto:awis@awis.org) • [www.awis.org](http://www.awis.org)

