



CALS ADVANCE Workshops

Friday, March 31, 2017

Gallery, ISU Memorial Union

Dr. Nancy Wayne, UCLA

“The Need for Self-Promotion” 9:00-11:00 a.m.

- Understand gender differences in willingness, comfort, and outcomes in self-promoting
- Learn how and why self-promotion is critical to career advancement
- Positive problem solving:
 - Identify strategies for promoting your work without looking like a self-serving jerk
 - Formulate strategies for building relationships at different levels in your organization – and beyond
 - Practice your 1-2 min “elevator pitch” that promotes your accomplishments using the PAR strategy (Problem, Action, Results)

“Work-Life Balance” 1:00-3:00 p.m.

- Understand what is meant by work-life balance from a *situational* perspective.
- Understand *predictors* of work-life balance, emotional resilience, and career satisfaction (physician survey)
- Understand *gender differences* in what professional success means
- Understand the importance of *positivity* in affecting work-life balance and job satisfaction.
- *Discussion and problem solving* of your work-life balance conflicts

Register for one or both workshops by **March 21**. Email Carla Persaud at cpersaud@iastate.edu
Refreshments will be served.

Dr. Nancy Wayne has over 20 years of experience teaching and leading workshops. She is founding president of Women Advancing Together® that brings practical, goal-oriented, and problem-solving workshops to professionals, students, and administrators to help overcome barriers in their careers. <https://nancylwayne.wordpress.com/>. Dr. Nancy Wayne is a tenured Professor of Physiology at the David Geffen School of Medicine at UCLA and Associate Vice Chancellor for Research with laboratory safety oversight. She joined the UCLA faculty in 1992, and is principal investigator of research in the area of reproductive neuroendocrinology. She received her B.A. in Biology from Northwestern University, Ph.D. in Physiology from the University of Michigan, and postdoctoral training from the University of Virginia.