2024 Women in Engineering Conference

CSULB 100+ Women Strong Coaching Circle

Work Life Balance
Manage your time and energy to meet both professional and personal commitments while prioritizing self-care and well-being
Finding Your Balance

- How do you fulfill demands of job and create professional relationships while still taking time for yourself?
  - Change mindset about how you view your time
  - Customize a structure for your unique needs
  - Create healthy boundaries between work and personal life
Truth of Time

There are only 24 hours in 1 day

There are only 60 minutes in 1 hour

There is only 1 you

Keep 1 calendar
Budget your 24 hours

Avoid Time Deficits

Set Goals

24 hours
Establishing Boundaries

Define boundaries
- Use priorities to set your boundaries
- Set specific hours
- Manage your time
- Overcome gender bias

Identify flexible boundaries
- Adapting to unforeseen circumstances
- Communicate availability
- Telecommuting/hybrid opportunities
- Don’t change into work without boundaries

Seek Support
Transition time

- Commute
  - Podcasts
  - Music
  - Audio Books

- Exercise
  - Physical Barrier
  - Recharge

- Hobbies/Past time
  - Clear mind
  - Explore something new
Creating a time budget for both relationships and “you time” is important.

Balance your personal time – unique to you!
Balancing Technology

- Limit technology during personal time
- Create a technology free sanctuary
  - Set day/time
  - Set location
- Benefits
  - Feel more refreshed and relaxed
  - Intensifies self awareness/self understanding
  - Improves relationships
Work Life Balance Recap

- Mindset of time
- Create a structure that works for you
- Set priorities
- Create time management techniques
- Establish rigid and flexible boundaries
- Communicate

- Define a transition period
- Know what is flexible in your personal life
- Exercise, hobbies
- “You time” and relationship time are both important
- Establish a technology sanctuary
- Seek support
Network with Today’s Coaches

Monica Amalfitano
Director, Design and Construction
CSULB
CSULB - BSME

Brianna Campbell
Sr. Program Manager
Rivian
Eastern Gateway CC – AS Business Management
https://www.linkedin.com/in/brianna-r-campbell/

Dr. Antonella Sciortino
Associate Dean
CSULB College of Engineering
UCLA – MS/PhD CE
Politecnico Di Bari - BSCE
https://www.csulb.edu/cerset-of-engineering/dr-antonella-sciortino/

Kimmy Phipps
Project Manager
Sukut Construction, LLC
SMU - BSCE
www.linkedin.com/in/kimmy-phipps-37322128

100+ Women Strong  CSULB College of Engineering
100+ Women Strong want to thank you for attending.

Become a member of 100+ Women Strong.
https://www.csulb.edu/college-of-engineering/100-women-strong-steering-committee

Connect with us on LinkedIn
https://www.linkedin.com/groups/14238580/

---

The journey of a thousand miles begins with one step. Lao Tzu

**Post Event Survey**
We want your feedback!
https://whova.com/portal/survey/beach1_202403/35336/?token=06cc683b2c88267c4df1dcbad2a794e55df68a200ad651525e42e679dd5293

**Join Us Again**
Watch for our next event.
https://www.csulb.edu/college-of-engineering/100-women-strong

**Powerful Information**
Review all CC Slide Decks.
https://www.csulb.edu/college-of-engineering/coaching-circles-2024

**Create a Journal**
Write down lessons learned, goals, next steps with timeline, & career goals.

---

Connect with speakers on Whova App & LinkedIn
Introduce yourself & exchange information, ask questions.

Get Support
Career Development Center
https://www.csulb.edu/career-development-center

100+ Women Strong
CSULB College of Engineering