Charleston Learning Center
Education, Training, Community

IMEE CUISON CONSULTING
I help women in tech... stay in tech.

Time Management for Women in STEM
Actionable steps on how to effectively manage your time

Summary:
The "Time Management for Women in STEM" workshop provides an open space for women in STEM industries to develop time management strategies to balance work and personal responsibilities. This workshop is designed to empower participants to take charge of their busy schedules and make room for not only work and family obligations but outside activities that bring them joy.

This Workshop is ideal for working women in STEM in any stage of their career, who want to stop treading water in their daily lives and want to strive forward with purpose.

Topics to be covered:
- Stress management
- Self-appraisal
- Networking and community building
- Goal setting

What you will learn:
By the end of the workshop, participants will leave the session with actionable steps on how to effectively manage their time.

Prerequisites:
None

About your presenter: Imee Cuison is a full stack software engineer, data scientist, and data engineer. After working a decade as an ICU nurse, she learned how to code and is living her dream life working from home and homeschooling her 8-year-old daughter. Her career in tech has enabled her to thrive as a single working mother to a child with a heart defect. Her goal is to help as many women as possible not only start a career in tech but continue to thrive in the industry. Connect with Imee on LinkedIn.

Vitals:

Cost:	$20 ($10 CDC members)	Difficulty:	Beginner
Class start time:	6:00pm	Computer:	Not Required
Class Length:	1 hour	Scholarships:	Available
Class size:	20 persons		

Location: 4 Conroy Street, Suite A, Charleston, SC 29403
Parking: Charleston Tech Center Garage