

Work Life Balance for Women in STEM

Strategies for Thriving at Work and Home

Summary:

The "Work Life Balance for Women in STEM" workshop provides an open space for women in STEM industries to learn how to achieve a sustainable work life balance strategy. 50% of women who enter the technology field abandon it by the age of 35. Many cite poor work life balance and burnout. How can women manage responsibilities at home and at work with joy and ease?

This workshop is designed to empower participants to value their roles in the STEM industry, organize goals based on what life stage they are in, and build support networks in their workspaces to foster a sense of belonging and well-being. This workshop is ideal for working women in STEM in any stage of their career, who want to thrive at work and at home.

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 develop a sustainable work life balance strategy.

Prerequisites:

None

About your presenter: Imee Cuisson 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