



INSIGHTS

NEWSLETTER



IEEE WIE FORUM USA EAST

WELCOME MESSAGE

ISSUE 7 | OCTOBER 2024

October is **National Work and Family Month**, a time to focus on achieving balance between our professional ambitions and personal lives. This observance is particularly important for women in engineering and technology, as we constantly strive to integrate work responsibilities with family and self-care. It's a reminder that success isn't just about excelling at work—it's also about finding harmony between all the roles we play in life.

This year's forum is designed to help you "**Own your Power Skills**" like leadership, adaptability, and emotional intelligence — tools that will elevate your career and your ability to balance work and life. Registering for the forum isn't just about attending another conference; it's about investing in yourself and your future, and embracing the tools that will help you thrive in this fast-paced world.

With less than three weeks until the forum, the organizing committee is hard at work putting the final touches on what promises to be an engaging and inspiring event. We can't wait to welcome you and share this experience together.

To make the most of your experience, start by reviewing the [program](#) and identifying the sessions that align with your goals.

See you soon!!!

2024 IEEE WIE Forum USA East Organizing Committee

CONTACT US



R1R2WIEForum@gmail.com

<https://attend.ieee.org/wie-forum-usa-east-2024>

POWER SKILLS SPOTLIGHT

Skill of the Month: Navigating Work-Life Integration

WORK

LIFE

Tips for Success

1. Set Clear Boundaries
2. Communicate Openly
3. Leverage Productive Tools
4. Practice Self-Care
5. Reflect and Adjust

FORUM FACTS

- The IEEE Women in Engineering Forum has been empowering women in engineering for 9 years!
- Since its inception, the forum has attracted over 1500 participants, fostering a diverse and supportive network.
- The forum has featured over 150 inspiring speakers
- Our Forum has attracted over 100 sponsors from diverse industries.

FORUM ANNOUNCEMENTS

September 27, 2024 - There is still time to register. **So Come & Join us!**

<https://attend.ieee.org/wie-forum-usa-east-2024/registration/>





RESOURCES AND TIPS

As October ushers in National Work and Family Month, it's an ideal time to reflect on how we balance our professional and personal lives. This month encourages us to prioritize both, fostering harmony between our careers and the moments that matter at home.

Here are some strategies to help you navigate this season of balance.

Spend Time with Family: Engaging in family activities like picnics, outdoor games, or hiking creates a stronger bond and helps you disconnect from work stress.

Set Work-Free Zones: Designate specific areas in your home as work-free zones. Create a mental separation between work and family life.



Leverage Technology for Balance: Use digital tools (Pomodoro, Habitica, Google Calendar or Microsoft To-Do) to help manage tasks, set boundaries, and maintain a clear separation between work and family time.

Practice Mindfulness: Incorporate meditation or breathing exercises into your routine. This promotes mental clarity and helps you reset between work tasks.



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MAKE THE MOST OF YOUR EXPERIENCE AT THE FORUM

Attending the Forum is an incredible opportunity for personal and professional growth. Here's how to thrive at the event:

Define Your Goals: Reflect on what you hope to gain from the conference, whether it's insights, connections, or inspiration.

Explore the Program: Take some time to review the sessions and identify the topics that resonate with your personal and professional aspirations.

Network with Confidence: Bring business cards and engage in conversations with fellow attendees, speakers, and sponsors. Building relationships can open doors to new opportunities.

Learn and Share: Embrace the chance to learn from each other's diverse experiences. Sharing your insights can foster valuable connections.



NOV 7-9, 2024
STAMFORD, CT

