

From Where I Sit: Conserving Your Energy What's Your Strategy?

By Susan M. Fitzpatrick



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Energy looms large in the policy debates at the intersection of science, technology and society. Concerns about the environment and climate change bump up against job creation and economic worries. Decisions made in the near future have ramifications for generations to come. Women trained in the STEM disciplines are an essential component of the creative energy contributing to innovative solutions.

The global energy issue requires smart strategies, so does managing your own personal energy. Demanding jobs, family and community commitments, maintaining health and wellness – what is your plan for making sure you have enough fuel in the tank to make it through the day? And to be honest – is making it through the day the right goal? I know that I want more. I want to feel excited about my work. I want to look forward to my time with family and friends. I want to make sure I have regular opportunities to engage in physical activities – preferably outdoors!

AWIS STEMiNAR Professional Growth Series

Friday, March 22, 2013 (12:00 PM – 1:00 PM ET)

“Being Your Best: Leadership from the Inside Out”

Speaker:

Sherry Marts, PhD

President and CEO

S*Marts Consulting, LLC

Focus:

Leadership is a critical component of success at every stage in your career, and the most effective leadership is often the least visible. We'll explore how authenticity and integrity are key to effective leadership. Learn how to lead yourself and others and to grow your career to bring you ease and happiness while achieving the success you desire.

Information: <https://m360.awis.org/calendar>

Succeeding at these goals means I have my own energy conservation plan. What does that mean? One, I use networking opportunities (like AWIS events) to learn from my colleagues about strategies for how I can work smarter, using the hours I devote to my work as effectively as possible. The AWIS work-life satisfaction program is an excellent way to gain control over your time. I have gained the confidence, again from some terrific role models, not to apologize for making exercise and healthy eating part of my core activities. Since engagement with family and friends is essential for my well-being, I see the time I spend away from the office as contributing to rather than taking away from my professional success. A wise mentor advised me on how to decide when to say no when asked to do things that I might not necessarily be the only, or even the best, person for the task.

If we are among the fortunate, our personal and professional lives will last a long time. We have choices about the way we want to live. We can run ragged each day exhausted and stressed, feeling like we are robbing Peter's energy to pay Paul. Or we can have a way to apportion our energy in a way that allows us to engage fully in whatever it is we are doing at the moment – and for other activities awaiting us in the totality of our days. Will every day mesh? No. But AWIS can help you build a collection of tools that help you rally your reserves for everyday and for when work and life decide to pile it on. I am not Polly-Anna. I know that saying no is not easy for women. I know women are reluctant to make time for themselves. I know gender stereotypes require women to do 150% to appear to be doing 100%. AWIS is there to support you – working at the national policy level and on the personal strategies level. AWIS and you – creating an energy conservation policy we can all get behind. ■