The Ph.D. Career Planning Series Presents:

Work-Life Satisfaction

A POSTDOCTORAL CAREER SKILLS WORKSHOP

Are you trying to meet high expectations in a science position but also balance your life?

Do you want to learn strategies for work–life balance?

This workshop will help you to:

- Define what work–life satisfaction is and is not
- Examine how your current choices impact work–life balance and identify changes that will have the biggest impact on personal and professional satisfaction
- Identify 7 keys to achieving and maintaining work–life satisfaction
- Craft a personalized plan to improve work–life balance satisfaction

January 27

4:00–6:00 PM

CNSI Presentation Space (5th Floor)

Space is limited!
You must register:

RSVP

www.postdoc.ucla.edu

SPEAKER:

Tracy Blois, President of the L.A. / Ventura County Chapter of the Association for Women in Science

Bio of the speaker: Tracy completed her Ph.D. in Biochemistry and Molecular Biology at UCLA in 2010 where she developed a novel method to study membrane protein folding. She worked as a Principal Scientist in Quality Control Method Development and Validation at Grifols Biologicals, Inc. from 2010-2011. Tracy currently is a Licensing Associate at Amgen. Combining her scientific expertise with experience she gained while interning in the UCLA Office of Technology Transfer as a graduate student she manages the incoming licensing opportunities at Amgen.

The Ph.D. Career Planning Series is a collaborative project of:
- The Office of Postdoctoral and Visiting Scholar Services, UCLA Graduate Division
- The California NanoSystems Institute (CNSI)
- The Society of Postdoctoral Scholars at UCLA
- David Geffen School of Medicine, Office of Graduate Students and Postdoctoral Scholars