



Workshop to Connect Mindfulness and Work-Life Balance

During the year, the Women in Science Committee has written a series of articles on work–life balance. Of course, work–life balance crosses all genders, career stages, geographies, employment types, and more. Our goal has been to provide helpful tips and techniques to work on achieving a better balance in our lives. This focus is culminating at the 2017 Women in Science Workshop—a *workshop for all meeting attendees*.

Multi-tasking, overloaded schedules, and high demands often keep us incredibly busy and stressed. It seems paradoxical to meet both the demands and goals of our work and personal life. To balance our expectations, our career goals as scientists, while also living a deeply fulfilling and happy life can be challenging. Women particularly suffer from those competing demands. To keep us healthy and in the “green zone” depends how we relate to stress and life as a whole. There has been ample research evidence that mindfulness practices allow us to unplug and be more present—deliberately paying full attention to what is happening around you and within you (in your body, heart, and mind) in the present moment. The practices of mindfulness cultivate the ability to become more aware of thoughts, emotions, and actions, and thus, give us the tools to live up to our highest potential. Join us at this workshop where we will explore the work–life balance and several mindfulness practices.

Speaker: Sabine Grunwald, Ph.D. Leader of UF Mindfulness and Professor of Pedometrics, Landscape Analysis, and GIS Laboratory in the Soil and Water Science Department at the University of Florida.

Date: Tuesday, 24 October, 2–4 pm

Fee: \$30 (student fee is \$15), with a limited number available

Thank you to our corporate sponsors, Bio Huma Netics and Monsanto, for supporting this Women in Science workshop!

