



# Women in the Sciences Leadership Workshop

*Building Leadership Skills for Success in the Scientific Workforce*

**April 16–17, 2024, Princeton, NJ**

**Description:** The foundation to any great leader is the ability for that person to have a solid understanding of who they are and how they impact people. Whenever we can take time to further understand ourselves, our style, and our motivations, we have the potential to identify what is helping us get what we want AND what might be getting in our way. Some differentiating factors of great leadership include critical self-knowledge, sustained proactive inquiry, and a willingness to share our story as a means to building relationships and trust.

## AGENDA:

**Apply here:**

### Day 1 - April 16th (9:00 am - 5 pm ET)

<https://forms.gle/v7r9UBMvdoqij6jX6>

- **DISC Personality Information:** Uncover your personality style and learn how to work with others who have similar AND different styles.
- **Introduction to Emotional Intelligence:** What is self-awareness? How do you start to understand your impact? What are good emotions and can we really express them at work?

### Day 2 - April 17th (9am - 5pm ET)

- **Emotional Intelligence Continued**
- **Feedback:** Why is feedback so difficult? How do we get better at giving and receiving feedback?
- **Unconscious bias, Connection, and Mentoring**

**OPEN to all women, or those who identify as women, in the scientific workforce**



**Facilitator: Chris Olex**

[Chris Olex](#) is a Trainer, Facilitator, and Speaker in the corporate and academic worlds. For over 20 years, Chris has honed a specific professional style that brings energy, trust, and growth to her client relationships. She pushes her participants to challenge the way they think and behave to drive them to reach their individual goals.

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This workshop is hosted by NOAA's Office of Oceanic and Atmospheric Research.  
Check with your supervisor before registering.