

First Impressions Summer Series

Series for WEST Member: \$45, Non-Members: \$100, Series and Annual WEST Membership: \$130
Individual Webinars for WEST Members: \$15, Individual Events for Non-Members: \$25

July 15: First Impressions: Take Control of How People See You Webinar

Led by: Sandra Glucksmann

How you present yourself matters. First impressions are based on a wide range of characteristics including age, culture, gender, physical appearance, facial expression, posture, and voice. First impressions can greatly affect how you are treated and viewed in many contexts of your everyday life. Therefore, you want to take control of the many of factors influencing how people see you.

Sandra Glucksmann, Ph.D., will discuss tips for making great first impressions. Sandra brings 21 years of senior management and leadership experience in biotech.

July 22: First Impressions: Networking Night

Led by Alice Koehn Benson

WEST's Annual Networking Night is great opportunity to meet and mingle with like-minded STEM professionals. Participate in facilitated networking activities designed to engage you with the wonderful women in the WEST community. In keeping with our summer series theme of First Impressions, we will also have a group discussion and share some of our previous first impression lessons learned.

August 12: First Impressions: Be Your Best Self, and the Results Will Follow Webinar

Led by Dr. Samantha Sutton

Have you ever heard the saying "the world is a mirror of yourself"? Take an inventory: are you 100% proud of who you are "being" in your daily life? If you aren't, then this webinar is for you. Dr. Sutton will help you identify what you want to be known for in your workplace: is it integrity? Vision? Generosity? These traits make up your own unique personal brand of "super hero." Dr. Sutton will show you how to cultivate those traits in your life so that you can be your best self each day, and have that reflected back at you in the results you get.

Dr. Samantha Sutton combines her background in science, engineering, and coaching to teach you how to achieve a WHOLE life that you love: career, relationships, time management, money, health, and other areas.

August 26: First Impressions: How to Present Yourself in an Interview Webinar

Led by: Alice Koehn Benson

Want to learn how to present yourself in the best way during an interview? Learn how to not only to approach companies and individuals of interest, but how to present yourself in the best, honest way in an interview. This program will be a blend of presentation and hands on experience so you leave with tools and confidence.

Alice Koehn Benson will present and discuss strategies and approaches for having a positive productive interview. Alice brings over 25 years of experience in interviewing having spent 11 years in Human Resources and over 15 in executive search.