APRIL 6, 2023

Dear WIB Community,

This is a very exciting month for WIB — a lot of things happening! The focus theme this month is health and well-being, where we'll talk about stress and burnout, ways to manage our wellbeing at work, and how that impacts the progress we need to make to ensure a more inclusive future for all women in the life sciences.

In this month's newsletter, we'll be sharing our upcoming events at BIO International Convention, highlighting a trailblazing WIB volunteer, and sharing some important updates from WIB National.

Happy reading!

WIB National
**WIB@BIO 2023 Boston**

Join us at this year’s **BIO International Convention** in Boston, MA! Women In Bio will be hosting four events and we'd love for you to join us. All times are ET.

**Monday, June 5, 8:30 a.m.**
WIB@BIO Presents: **EWIB Breakfast – Innovative Medicines at the Intersection of Academia & Biopharma**
*Pre-registration for EWIB members is open now. Registration for all opens on May 18.

**Tuesday, June 6, 2:00 p.m.**
WIB@BIO Presents: **Speed Networking at the Convention**

**Tuesday, June 6, 6:00 p.m.**
WIB@BIO Presents: **Plenary Event – Women Impacting Bio: Breakthrough Stories**

**Wednesday, June 7, 2023, 2:00 p.m.**
WIB-Greater Boston @BIO: **Annual Lobster Pot Pitch Event**

WIB members can get $200 off a BIO Convention pass with this **discount code**. If you are not a WIB Member yet, [click here](#) to join. If you will be in town for the convention and would like to volunteer with WIB, please [sign-up here](#).

**WIB Impact Scholarship**

The scholarship supports continuing education in the life sciences to advance women's professional development. Funds can be applied towards workshops, conferences, courses, seminars, and other similar educational programs. [Click here](#) to learn more and [apply by April 14, 2023](#).

**UPCOMING VIRTUAL EVENTS**

**Optimizing Your LinkedIn for a Career Search in Biotech**, April 11

**WIB Membership Benefits & Speed Networking**, April 11
EDUCATE

Tips for Prioritizing Employee Health

Health and well-being is imperative for an organization's success. Healthy team members are more productive, more creative, and foster a better organizational culture. In this BetterUp blog post, you can read about what employee health means, how it impacts the organization, and what you, as a leader, can do to help foster a healthy work environment.

Health Benefits of Volunteering

Part of our well-being is being able to feel connected and feel like we are part of something bigger than ourselves. Volunteering is a great way to develop new skills, help others, and build a sense of community and purpose. Read about some of the surprising benefits of volunteering for a cause you are passionate about.

Remote Work Burnout
For many, the switch to remote work has made life a bit easier. Being able to have more time with loved ones and spending less time commuting are some of the benefits of remote work. But for some people, the lack of social interaction and change of pace can be difficult to manage. Here are three steps to help prevent remote work burnout.

Sponsor Spotlight

The health and wellbeing of our communities, societies and environment are also an important factor in building a more equitable future for all. Our Sponsor Deloitte shares the findings of a survey on sustainability reporting practices among life sciences and healthcare companies — click here to read the report.

EMPOWER

April is National Volunteer Month

As a volunteer-fueled organization we'd like so say THANK YOU to the 300+ volunteers that help put our mission into action. It's your dedication and commitment to the WIB mission that makes all the difference, and we couldn't be more grateful to have you with us.

If you are interested in volunteering, check out WIB volunteer opportunities at the national level or contact your closest chapter to learn about their openings.

Carolyn Brougham, a Champion for Women in the Boardroom
We want to take the time to recognize and thank a phenomenal Women In Bio volunteer, Carolyn Brougham. For more than six years, Carolyn has given her time to Executive Women In Bio's Boardroom Ready program, building it into the award-winning program it is today.

She played a critical role in the program's ability to place more than 130 women on corporate boards in the life sciences. We are incredibly grateful for her time, skills, and expertise that supported the WIB mission. Read more about Carolyn's contributions to WIB.

**NATIONAL UPDATES**

**National Leadership Updates**

The National Webinar Committee is delighted to welcome Hamani Henderson to the team as Co-Vice Chair. Hamani brings a great energy to the team and we look forward to working with her as we continue to create great events for all our members in North America and beyond!

Our YWIB National leadership team has three leaders rolling off. With sincere gratitude we thank Jenniffer Stetler, Diana Dopfel, and Tara Cartwright for their dedication to this important initiative. Their work has impacted many students! We wish them all success in their future endeavors.

**National Staff Update**

*Elle Carne, Director of Operations*

Happy Spring! As we enter the season where new things start to blossom and as we are wrapping up Women’s History Month, I would like to highlight some achievements of our WIB
Staff as we look towards the rest of 2023 and the continued growth of our community.

Congratulations to Women In Bio Staff promotions!

- **Amy Rockwood** on her promotion to Communications and Marketing Coordinator!
- **Betsy Ackermann** on her promotion to Administrative Coordinator!
- **Carrie Palsson** on her promotion to Membership and Volunteer Engagement Manager!

A huge thank you to all staff for your continued commitment to each other, our values, and WIB! You can learn more about WIB staff [here](#). As a National Staff, we are here to support WIB volunteers and members in achieving our mission of promoting careers, leadership, and entrepreneurship of all women in the life sciences. To continue to do that, we spent time in an end-of-year retreat to work on our strategic goals for 2023 and develop core values as a team. As a WIB staff, our values are:

**Commitment to Inclusion:** We value thoughtful opinions and work together for our mutual success with authenticity, respect, and integrity. We uplift our unique experiences, skills, and values.

**Empower Connections:** We foster a diverse and inclusive environment that builds a network for our staff, volunteers, members, and supporters. A diverse community makes us stronger.

**Value Resourcefulness:** We have the resources to support those who want to help us engage, educate, and empower all women in life sciences. We embrace creativity and curiosity.

**Work with Passion:** We strive for high-quality work that impacts our community, and we build trust through open communication, being kind, and following through. We are deeply committed to the mission and to each other.

We have also been hard at work refreshing and reviving our National Staff presence and operations to better serve you, our growing WIB Community. From new technology tools and a rejuvenated newsletter and marketing strategy to a focus on quality national programming and internal procedural improvements, we hope to continue to enhance the WIB experience. Stay tuned for more updates throughout the year.

Looking forward to continuing to thrive and grow as a community,

Elle
Thank you to our new National Elite Sponsor, **Myovant**. Myovant is focused on making a real impact on people’s access to care in women’s health and prostate cancer. Transformative advocacy is the lens through which they look to understand and help solve the problems that impede people with uterine health issues or prostate cancer from living their best lives. Read more about their [areas of focus](#).

Thank you to renewing National Champion Sponsor **Ernst & Young** (EY), who are working with organizations across health and life sciences to make the future a reality. EY helps organizations harness the transformative power of new technology and turn data into trusted intelligence. Get strategic insights into life sciences industry advancements and business transformation, and learn how life sciences companies can [secure value through better dealmaking](#).

**LET'S CONNECT!**
Thank You to Our National, EWIB, and YWIB Sponsors

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