



GET ON THE
INSIDE TRACK

BEACH WOMEN IN ENGINEERING

2024 CONFERENCE

2024 Women in Engineering Conference

CSULB 100+ Women Strong Coaching Circle

Imposter Syndrome

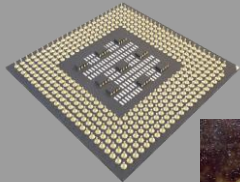
Three Goals for Today:

- ▶ #1 Learn **WHAT** Imposter Syndrome is as Knowledge is Power
- ▶ #2 Understand **HOW** to conquer any insecurities this may cause
- ▶ #3 Find out **WHO** you can add to your growing network to be a mentor



My Journey

EXPLORE



EXPERIENCE



EMPOWER



BEFORE Professional Job

- ▶ Electrical Engineer
- ▶ Design rad hard circuits
- ▶ Tried different roles

Industry Growth

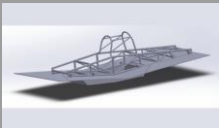
- ▶ Working mom (3 children)
- ▶ Top Performer
- ▶ Built Personal Brand

Giving Back

- ▶ Leadership Sponsor
- ▶ Company Ambassador
- ▶ Industry Advisory Board Member

My Journey

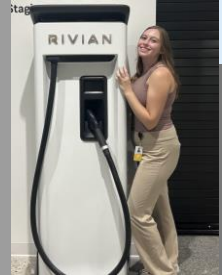
EXPLORE



EXPERIENCE



EMPOWER



College

- ▶ Mechanical engineer
- ▶ USC solar car design team mechanical lead
- ▶ Dipped my toes in robotics- Center for Advanced Manufacturing

Internships

- ▶ Civil engineering internship at Jacobs 2019
- ▶ Pandemic 2020... learned to code!
- ▶ Ford mechanical engineer internship – exterior lighting 2021

Rivian

- ▶ TRAIL rotational program (cancelled)
- ▶ Product design Engineer – charging products
- ▶ Rivian Women's Network mentor + mentee

My Journey



About Me

Married 26 Years

2 Daughters, 14 & 10

5-month puppy Itzy-Boo

Born and Raised Santa Ana

Riverside Community College

Chaffey Community College



Career

Software Industry 22 years

Pre-sales Product Engineer

Account Executive

License Compliance Manager US

WIN@S Costa Mesa Siemens Lead

WIN@S Community Chair

Toastmaster Secretary – Costa Mesa Siemens Club

My Journey



Life as a Student

- ▶ Subway Sandwich Artist
- ▶ CSULB SWE President
- ▶ Civil Engineering Intern

Industry Growth

- ▶ Southern California Edison (SCE)
- ▶ The Walt Disney Company
- ▶ Intuit

Giving Back

- ▶ Vice Chair of Habitat for Humanity Young Professionals
- ▶ EmpowHER Institute Mentor
- ▶ Disney VoluntEARS Leadership Council

What is Imposter Syndrome?

IS NOT:

- ▶ A medical condition and psychological condition
- ▶ An unknown or uncommon feeling
- ▶ A feeling without consequences/
negative impact



IS:

- ▶ 'imposter phenomenon" coined in a 1978 research paper*
- ▶ What a large number of people experience
- ▶ Can result in anxiety, impacted feelings of self-worth/self-esteem, intimidation

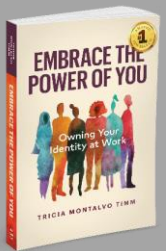
*Pauline R. Clance

Scenarios that may sound familiar...



Not really sure if I can do this???

I am not ?



This is an uplifting, positive account of overcoming the odds and one's own self-confidence, acceptance, and feelings of imposter syndrome in everyday life and in the workplace

What you need to know...

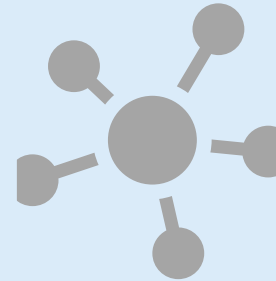


Don't hesitate to talk
with others

Statistics are in up to
82% of people have
suffered from
Imposter Syndrome*



• NIH National Library of Medicine,



Build a strong
network of support

The list of emotional
effects can be:

Depression

Anxiety

Impaired Job
Performance

Lowered Job
Satisfaction

Burnout



Let's hear from you...

Open Discussion



Network with Today's Coaches

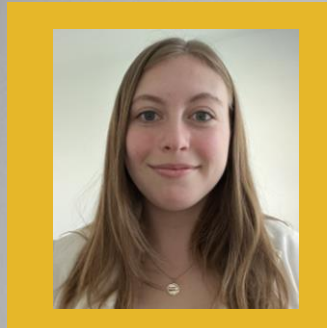


Mia M. Fujii

Country Business
Develop Executive

SIEMENS DISW

UC Irvine - BSEE

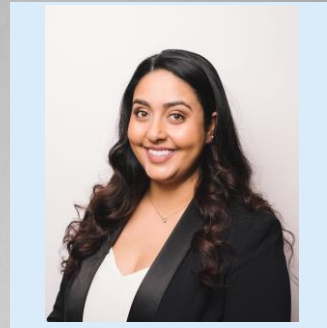


Becca
Chanowitz

Product Design
Engineer

Rivian

USC- BSME



Sandra
Labib

Fraud Prevention
PMO Lead

Intuit

CSULB- BSCE



Lorena
Rubalcava

License Compliance
Manager USA

SIEMENS DISW

Spanish/English Fluent



The journey of a thousand miles begins with one step. Lao Tzu

Post Event Survey

We want your feedback!
https://whova.com/portal/survey/beach1_202403/35336/?token=06cc683b2c88267c4df1dccbd2a794a05df68a200add651b525e42e679dd5293

Join Us Again

Watch for our next event.
<https://www.csulb.edu/college-of-engineering/100-women-strong>

Get Support

Career Development Center
<https://www.csulb.edu/career-development-center>



Connect with speakers on Whova App & LinkedIn

Introduce yourself & exchange information, ask questions.



Powerful Information

Review all CC Slide Decks.
<https://www.csulb.edu/college-of-engineering/coaching-circles-2024>



Create a Journal

Write down lessons learned, goals, next steps with timeline, & career goals.



100+ Women Strong want to thank you for attending.

Become a member of 100+ Women Strong.

<https://www.csulb.edu/college-of-engineering/100-women-strong-steering-committee>

Connect with us on Linked In

<https://www.linkedin.com/groups/14238580/>