

Women in Engineering Conference 2025

**Reimagining
Work-Life
Balance**



Coaching Circle Leaders & CSULB Alumni



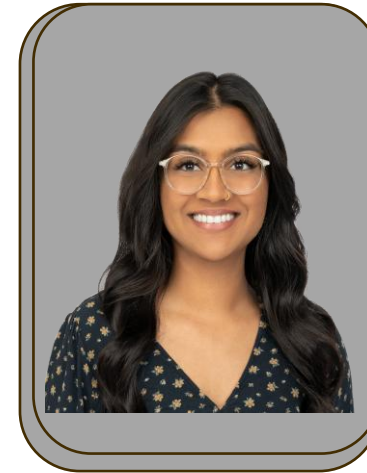
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How to Find Your Balance



Life balance matters because it significantly contributes to both physical and mental health by allowing management of stress effectively, prevent burnout, and maintain a healthy lifestyle by dedicating time to both professional responsibilities and personal pursuits, ultimately leading to increased happiness and productivity in all aspects of life



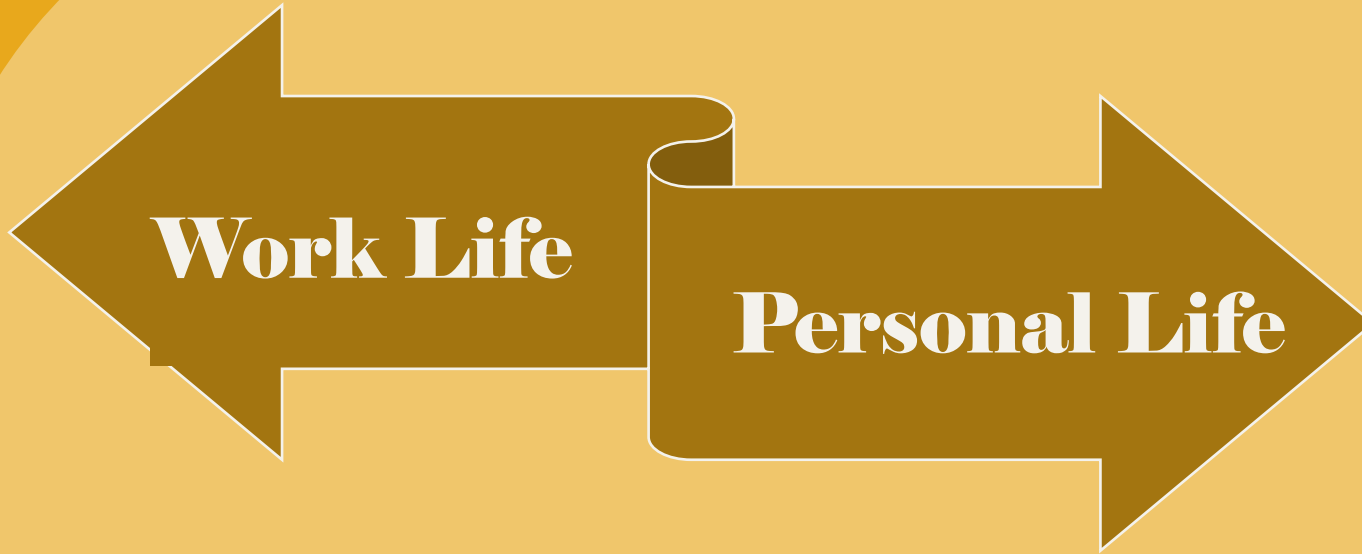
Balancing it All

There are only 24 hours in 1 day

There are only 60 minutes in 1 hour

There is only 1 you





Opposing forces that need to be carefully divided

- It creates unnecessary pressures
- It assumes equal distribution
- It ignores personal values



Introduction to Work-Life Harmony



The recognition that our lives are a complex dance where work and personal life intertwine and influence one another.

Achieve Work-Life Harmony

- **Define your priorities** – identify what truly matters in both your career and personal life
- **Set boundaries with flexibility** – create adaptable guidelines instead of rigid boundaries
- **Align your work with your core values** – work is less a chore and more meaningful part of your life
- **Leverage energy, not time** – stop focusing on splitting hours evenly, align your peak and energy levels
- **Embrace Imperfection** – create a sustainable and fulfilling lifestyle where work and life coexist



Strategies for Cultivating Work-Life Harmony

MINDFULNESS

PURPOSE

FLEXIBILITY

EFFECTIVE COMMUNICATION

GROWTH MINDSET

INTEGRATION

Strategies for Cultivating Work-Life Harmony

FLEXIBLE BOUNDARIES

SELF-CARE

HEALTHY ROUTINES

TIME AUDITS

TECHNOLOGY TOOLS

OUTSOURCING AND DELEGATION

SELF COMPASSION

Work-Life Harmony

The journey maybe challenging but the rewards provide a richer, deeply satisfying life in both personal and professional life.





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

Post Event Survey

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https://whova.com/portal/survey/beach1_202403/35281/?token=06cc683b2c88267c4df1dccb2a794a05df68a200add651b525e42e679dd5293



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.
<https://zapier.com/blog/best-journaling-apps/>



Get Support

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



+ **100 Women Strong want to thank you for attending.**

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

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Thank you

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