

Society of Women Engineers Rocky Mountain Section
and University of Colorado Denver Section present the 2024

SPRING SUMMIT

one day professional development conference and awards celebration



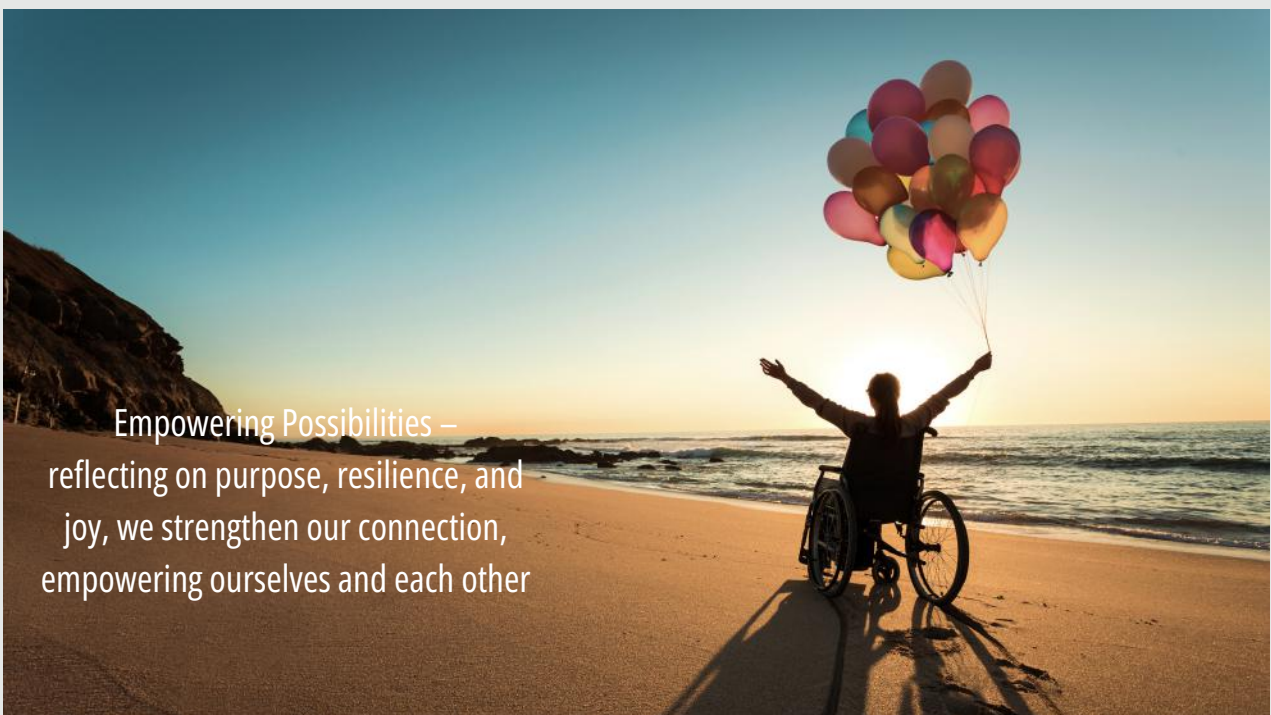
APRIL 20, 2024

SWE-RMS.SWE.ORG/SPRING-SUMMIT

WELCOME

Thank you for your participation and support of the 2024 Spring Summit event, sponsored by SWE RMS and CU Denver SWE. We are excited for the new connections, insights, and transformations that will occur as attendees empower possibilities! We are very excited to be back at the CU Denver campus after over 10 years. We hope you leave this event inspired to take your professional or collegiate engineering career to uncharted territories.

- 2024 Spring Summit Planning Committee



Empowering Possibilities –
reflecting on purpose, resilience, and
joy, we strengthen our connection,
empowering ourselves and each other

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OUR SPONSORS

ABOUT SWE RMS

Rocky Mountain Section (RMS) is one of the Society of Women Engineers (SWE) largest sections with over 600 members. The section is also large in physical space encompassing all of Wyoming and most of Colorado with the Colorado Springs and Pueblo areas being part of Pikes Peak Section.

RMS has dedicated leaders, volunteers and contributors through its large membership base that are committed to SWE's core values and mission. RMS hosts many programs and events throughout the year that highlight four focus areas: Collegiate Engagement, Membership, Outreach, and Professional Development.

Collegiate Engagement



Collegiate Professional Enrichment Talks - Professional development events that are either directly partnered with a Collegiate Section or are designed for early professionals and collegiates.

Combined Collegiate/Professional Social Events - Events range from Tea with SWE or meetups at the WE or WE Local conferences.

Gear Up Collegiate Partnered Speaker Series - Events designed for early professionals and collegiates. Partners with a Collegiate Section to co-host events.

Scholarships - RMS offers scholarships for entering and continuing college students. Applications are typically due Feb. 1.

Spring Summit - One day professional development conference for collegiates and professionals.



Membership

Discussion Club - A group of SWE members who read, listen, or watch media ranging in topics, then discuss.

Membership Events - Welcome and engage SWE members at fun events, such as the annual membership picnic and winter celebration.

Local Socials - Local social events in a localized geographic area within the Section to foster networking among members.

Summit Awards - Recognizes members for their outstanding achievements and contributions to the section.



Outreach

Certificates of Merit - Recognition program for female high school students for outstanding achievement in mathematics and science.

Essay Contest - "Great Women in Engineering and Science" essay contest for 6th graders. Prizes and certificates are awarded.

GESTEM - Girls Exploring Science, Technology, Engineering, and Math event. Empowering girls by introducing them to the exciting possibilities of STEM careers.

SWENext - Connects young people with SWE resources to engage with SWE before graduating high school.

Professional Development



Collective Wisdom Group - Group mentoring that brings together members in similar stages of their career, providing peer support.

Women in Industry - Includes Lightning Talks, Professional Enrichment Talks, Technical Tours, and the signature Women in X events.

Lightning Talks - A series of short sessions presented together on personal and professional topics.

Professional Enrichment Talks - Premier networking and professional development programs, providing career growth and development.

Technical Tours - Past tours include NOAA, NIST, Coors Ethanol Plant, Otterbox, Boom, wineries, and distilleries.

Women in X - Professional development and networking events that bring together women in a specific industry.

Why Join SWE

Your community is critical to your persistence in engineering. At SWE, you join a community of 40,000+ members and allies that empower you to succeed. As a member, you gain access to a diverse, global network of engineers who are with you at each stage of your engineering journey.

MEET THE COMMITTEE

The Spring Summit Committee is a mix of SWE Rocky Mountain Section professional members and SWE University of Colorado, Denver collegiate members.

Chair (Professional)

Mamata Kadkia

Chair (Collegiate)

Kassidy Ricketson

Awards Celebration

Vicki Gates*
Natalie Davila-Rendon

Marketing & Social Media

Christi Wisleder*
Mary Stallings

Finance and Sponsorship

Heather Doty*
Kamila Krupiarz

Programming

Lisa Woodward*
Tara McFarland
Kirsten Sargent

Logistics

Kate Havey*
Kate Brusoe
Alina Pena

Volunteer

Sally Kammer*

*Subcommittee Lead

MEET THE COMMITTEE



01/19 - 2024 Spring Summit
committee planning meeting
at Edgewater Public Market

SCHEDULE



This event is available on your phone

1. Download the Sched App from the App Store or Google Play
2. Search within the Sched App to find your event:
"2024 Spring Summit"
3. Sign up or Sign in to access your event



8:30 AM	Breakfast Open Networking Craft Station <i>Room 2500</i>		
9:30 AM	Opening Comments and Networking Activity <i>Room 2600</i>		
10:00 AM	Opening Keynote: Elaine Lin Hering Using Your Voice to Craft the Career and Life You Want <i>Room 2600</i>		
11:15 AM	A Journey to Clarity and Purpose Rachelle Pulver <i>Room 2600</i>	Engineering Leaders of Tomorrow R Hutchinson, M Berlin, J Cronin, & C Wisleder <i>Room 1500</i>	Getting Unstuck: Your Roadmap to a Career Transition Kaitlin Champan & Andra Tibaldi <i>Room 1600</i>
12:00 PM	Networking Lunch Visit Our Sponsors <i>Room 2500</i>		
1:15 PM	Breaking the Mold Tara McFarland, <i>Room 2600</i>	Techniques to Improve Deep Work Merinda Lobato <i>Room 1500</i>	Unveiling the Skills Matrix: A Tool to Navigate Career Opportunities Sarah Choyke <i>Room 1600</i>
	Wait, This Can't Happen to Me Manika Gupta, <i>Room 2600</i>		
2:00 PM	Awards Reception <i>Room 2500</i>		
2:30 PM	Awards Keynote: Dr. Chelsea M. Magin Embracing a Non-linear Career Path: From First-generation College Student to Bioengineering Professor <i>Room 2600</i>		
3:30 PM	Awards Program <i>Room 2600</i>		

ACTIVITIES



BREAKFAST + OPEN NETWORKING

Join event attendees before the event kicks off with opening comments. We'll provide a light breakfast to get the day started. This open networking room has no agenda, so feel free to share what brings you to this event or what you are excited about learning. Connect with new faces or reconnect with your conference pals.

Grab beverage or bagel of choice and Wake Up with SWE.

CRAFT STATION

Come explore your creative side with the craft station at the Spring Summit. Make your own SWE bookmark complete with your colorful design and a ribbon tassel. The station will be open throughout the day. Make sure to stop by to make your own souvenir to commemorate your time at 2024 Spring Summit.



LUNCH NETWORKING

Unwind between morning and afternoon sessions with a catered lunch. Chat and connect with other event attendees and grow your network with other SWE members. Discuss new jobs, new adventures, as well as career advice. Visit the Networking Tables and say THANK YOU to our sponsors and maybe even find your next career step. We encourage you to take this time to get to know our speakers and learn from their expertise!

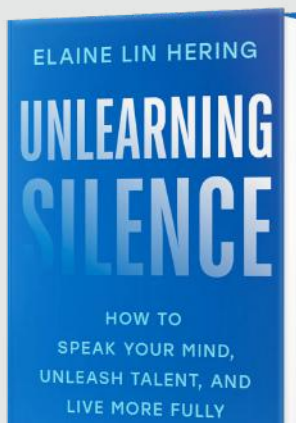


OPENING KEYNOTE



ELAINE LIN HERING

Elaine Lin Hering is a facilitator, author, and speaker. She works with organizations and individuals to build skills in communication, collaboration, and conflict management. She has worked on six continents and facilitated executive education at Harvard, Dartmouth, Tufts, UC Berkeley, and UCLA. She is the former Advanced Training Director for the Harvard Mediation Program and a Lecturer on Law at Harvard Law School. She has worked with coal miners at BHP Billiton, micro-finance organizers in East Africa, mental health professionals in China, and senior leadership at the US Department of Commerce. Her clients include American Express, Chevron, Google, Nike, Novartis, PayPal, Pixar, and the Red Cross. She is the author of the book *Unlearning Silence: How to Speak Your Mind, Unleash Talent, and Live More Fully* (Penguin, 2024).



UNLEARNING SILENCE

Having a seat at the table doesn't mean that your voice is actually welcome. Knowing something is wrong doesn't mean it's easy to speak up. In fact, there are incentives for many of us to stay silent. Why speak up if you know that it won't be received well, and in fact, often makes things worse?

In *Unlearning Silence*, Hering explores how we've learned to be silent, how we've benefited from silence, how we've silenced other people—and how we might choose another way. She teaches how to recognize and unlearn unconscious patterns so we can make more intentional choices about how we want to show up. Only by unlearning silence can we more fully unleash talent, speak our minds, and be more complete versions of ourselves... and help other people do the same.



USING YOUR VOICE TO CRAFT THE CAREER AND LIFE YOU WANT

The common advice “just speak up” falls flat if we fail to recognize the silence we've learned and the real and perceived costs associated with speaking up. We explore how learned silence and the ways we unintentionally silence people undercut our best intentions. In this session, we interrogate the role silence plays in your leadership and offer concrete ways for unlearning how we silence ourselves and finding and using your voice – for the impact you want.

SESSIONS

A Journey to Clarity and Purpose

Embark on a journey of self-discovery and empowerment. Through guided meditations, journaling exercises, and self-assessment activities, attendees will gain clarity on their aspirations, identify areas for growth, and visualize their dream life. By the end of the workshop, participants will be equipped with practical tools and insights to take meaningful steps towards creating a life they love.

Rachelle Pulver

Google, Software Engineer and Wellness Coach

Rachelle has had experience in very diverse roles throughout her career as she is passionate about being multifaceted and has pursued her many interests over the years. She is a software engineer at Google, wellness coach, content creator, board game designer, yoga teacher, and outdoor enthusiast! Rachelle is also a board member of a scholarship non-profit organization and a new mama. In general, Rachelle aims to help women navigate life changes and pursue their dream life with clarity + purpose.

Finding and Preparing Engineering Leaders of Tomorrow

Continued growth and investment in the A&E industry paired with competition for qualified employees is increasing the need to retain and invest in current employees that will be the leaders of tomorrow. This panel explores talent attraction and retention programs to grow and support team members, open the conversation of career exploration, and foster leadership skills in the next generation. The aspiring leaders program is a series of seminars that focus on Self Awareness and Self-Management, Influence through Connection, and Applied leadership. Panelists will share the program's impact on their career growth, emergence into leadership, and influence on retention.

Rebecca Hutchinson (panelist)

Merrick & Company, Asst. Project Manger and Deputy Practice Builder

Meredith Berlin (panelist)

Merrick & Company, Civil Engineer

Jon Cronin (panelist)

Merrick & Company, Civil Engineer

Christi Wisleder (moderator)

Merrick & Company, Civil Project Manager

Getting Unstuck:

Your Roadmap to a Career Transition

Have you ever woke up and dreaded going to work? Or experienced lack of motivation associated with burnout? Worse yet, did you experience these feelings on a systemic basis and wonder where to go next? We will discuss burnout warning signs and give participants a roadmap for how to use your network to identify future career opportunities. We will share personal reflections on how we identified the root cause of our job dissatisfaction, including an unsupportive manager and a position that was draining, and how we chose to make a change. Ultimately, we leveraged our network to pivot to new roles and will outline the career transition techniques it took to get there.

Kaitlin Chapman

Medtronic, Senior Test Engineer

Kaitlin is fulfilled by leading and providing technical contributions while being part of a positive community. She used her network and strong personal brand to discover a new role where she is now thriving.

Andra Tibaldi

Medtronic, Engineering Program Manager

Andra enjoys building relationships, decomposing complex ideas, and is driven by quality and an aptitude for learning. She confided with her network to make a change, which inspired the creation of a new role.

SESSIONS

Wait, This Can't Happen to Me

In keeping with the theme of 'resilience', Manika shares a personal story of a recent diagnosis of a rare Stage III cancer. She will talk about how she kept working through out her diagnosis, surgeries and recovery, and what helped her through the journey. She shares the importance of building a support network both at work and in our personal space to help us through adversity. Life is unpredictable and we are fragile humans though we don't pay much attention to this fact till we encounter an unexpected blow.

Manika Gupta

Jacobs, Senior Electrical Engineer and Vice President

Breaking the Mold: Empowering Authenticity and Preventing Burnout

It doesn't matter how much you accomplish, how far you get in your career, or how many awards you receive if getting there leaves you burned out and a shell of a person. In this interactive session, we'll explore the root causes of burnout and how to prevent and heal from it. Take back your power so you can empower yourself and others to show up your whole self at work.

Tara McFarland

Create Conversation, Intuitive Coach and Geotechnical Engineer

Techniques to Improve Deep Work

Deep Work is the ability to attain a higher level of focus and retain it for an uninterrupted period of time. Today's world is more distracted than ever. There are techniques that can be learned to improve Deep Work skills. Being able to conduct Deep Work can be a huge advantage. It can help when conducting analysis, gaining a new skill, being creative, studying or meeting a deadline. The four types of Deep Work will be covered along with tips on how to achieve a Deep Work state. This presentation will share examples of some Deep Workers and when to use each method of Deep Work.

Merinda Lobato

Merrick & Company, LiDAR Project Coordinator

Merinda employed Deep Work while studying Land Surveying in college. The skill of Deep Work helped her advance through her career by learning complete workflows to help with efficiencies and become a Subject Matter Expert (SME) in a couple project types. She has additional experience using Deep Work in creative endeavors by helping to launch and support several employee engagement groups within her organization including, Merrick's Peer Mentor Program in 2018, a Rotational Program in 2020 and a relaunch of Merrick Professional Women's Roundtable (MPWR) in January 2021.

Unveiling the Skills Matrix: A Tool to Navigate Career Opportunities

The transition from academia to the professional world often presents a daunting question: "What are you going to do next?" This question is packed with uncertainty and amplifies the struggle of navigating career possibilities. My solution for you: the "Skills Matrix". The Skills Matrix is a straightforward yet powerful tool, designed to help individuals align their strengths and key attributes with previous experiences. Whether you are new to the job market or a seasoned veteran, the Skills Matrix offers a structured approach to identify career objectives, assess current interests, and envision future goals.

Sarah Choyke

Eurofins, Technical Director

Sarah is an analytical chemist with 15 years of experience in environmental testing. She manages an ever-growing team (18 so far) and strongly believes that everyone on her team should be a leader. Sarah has a BS in Chemistry and Geology from Haverford College and a PhD in Analytical Chemistry from Duke University.

AWARDS KEYNOTE



DR. CHELSEA M. MAGIN

Chelsea M. Magin, PhD is an Assistant Professor in the Departments of Bioengineering, Pediatrics and Medicine and the Principal Investigator of the [Bio-inspired Pulmonary Engineering Laboratory](#) at the University of Colorado, Denver | Anschutz. Her research focuses on using innovative biomaterials and bioengineering approaches, such as 3D printing, to build in vitro models of lung disease and repair. She is a recipient of an NSF CAREER Award, the American Thoracic Society Recognition of Early Academic Achievement Award, and the University of Florida's 40 Gators Under 40 Alumni Award. Dr. Magin teaches Regulatory Affairs and Research Methods and was recognized as the Colorado Bioscience Association's Educator of the Year. Prior to returning to academia, Dr. Magin served as the Director of Product Development for [Sharklet Technologies, Inc.](#), where she led a research and development team that designed medical devices.



EMBRACING A NON-LINEAR
CAREER PATH:
FROM FIRST-GENERATION COLLEGE
STUDENT TO BIOENGINEERING PROFESSOR

How can we leverage our purpose, resilience, and joy to navigate transitions throughout our careers? Using assertion-evidence presentation techniques, attendees will be guided through the journey from a first-generation college student, through a PhD and postdoc, off to industry, and back into academia.



UNIVERSITY OF COLORADO,
DENVER

Our host venue in partnership is CU Denver SWE Section is University of Colorado, Denver which offers more than 112 degrees in 8 schools, educating people who are serious about their future. CU Denver's urban campus matches the unique character of the city.

ROCKY MOUNTAIN SUMMIT AWARDS

Outstanding Communicator

Christi Wisleder

Outstanding Membership

Mamata Kadakia

Newcomer Award

Hannah Pearson

Outstanding Outreach

Sarah Gilmore

Outstanding Professional Development

**UC Denver Spring Summit
Committee Members**

**Kate Brusoe, Alina Pena,
Kassidy Ricketson, & Mary Stallings**

Superior Supporter

Merinda Lobato

Rocky Mountain Summit Awards are presented each year to SWE members, teams, or collegiates for their outstanding achievements and outstanding contributions to activities within RMS during the fiscal year.

RMS received many nominations in FY24 and are honored to recognize several individuals or groups with Rocky Mountain Summit Awards this year.

SCHOLARSHIP AWARDS

SWE RMS awards three scholarships from our endowments: the Lottie Miner, Dorolyn Lines, and Pioneer Scholarships. These scholarships are for students already enrolled in an ABET accredited program for engineering or computer science, or are re-entering college after earning a previous degree.

Dorolyn Lines Scholarship

Dorolyn Lines was one of the charter members of the Denver Section of SWE. Her tireless efforts helped the Section become dynamic and prosperous, evolving into today's Rocky Mountain Section.

Lottie Miner Scholarship

Lottie Miner joined SWE in 1956 and was one of the early Life Members – the first from the Rocky Mountain Section.

Pioneer Scholarship

The Pioneer Scholarship was established in memory of three pioneering women engineering graduates of the University of Colorado at Boulder: Hilda Counts Edgecomb (1919), Elsie Eaves (1920) and Lou Alta Melton Merrill (1920). They established the American Society of Women Engineers and Architects, a forerunner of SWE.

Entering Freshmen Scholarships

SWE RMS also awards at least three scholarships for students graduating from high school and entering college to study engineering or computer science. One scholarship is typically awarded to a student from a small, more rural school.

Dorolyn Lines Scholarship

Jessica Tomshack
Mechanical Engineering
Colorado School of Mines

Lottie Miner Scholarship

Nassima Bettir
Petroleum Engineering
University of Wyoming

Pioneer Scholarship

Bridget Ediger
Civil Engineering
Colorado State University

Entering Freshmen Scholarships

Sityena Muzeyen
Overland High School
Aurora, CO

Ryan O'Connor
Battle Mountain High School
Edwards, CO

Camyrn Pivarnik
Lewis-Palmer High School
Monument, CO

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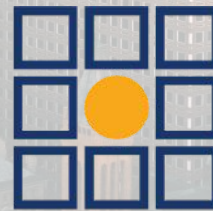


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Sally Kammer