



www.acs.org/acswebinars




Questions or Comments?


Type them into the questions box!

"Why am I muted?"
Don't worry. Everyone is muted except the Presenter and the Host. Thank you and enjoy the show.





1

1

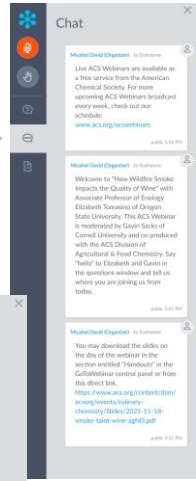


www.acs.org/acswebinars


Chat
Announcements and hyperlinks from our team

Handouts
Download the PDF of today's slide deck




2

2

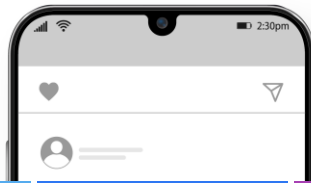


ACS
Chemistry for Life®

www.acs.org/acswebinars




ACS Webinars®
CLICK • WATCH • LEARN • DISCUSS




Let's Get Social!


Follow the American Chemical Society on Twitter, Facebook, Instagram, and LinkedIn for the latest news, events, and connect with your colleagues across the Society.




@AmerChemSociety



@AmericanChemicalSociety




@amerchemsociety



linkedin.com/company/american-chemical-society


Contact ACS Webinars® at acswebinars@acs.org

3




ACS
Chemistry for Life®

www.acs.org/acswebinars




ACS Webinars®
CLICK • WATCH • LEARN • DISCUSS

Where is the Webinar Recording?



All Registrants

Watch the unedited recording linked in the **Thank You Email** for 24 hours.



ACS Members w/Premium Package

Visit the [ACS Webinars® Library](#) to watch the **edited and captioned** recording.

4



www.acs.org/acswebinars



NEXT WEEK!

Wed., April 13, 2022 | 2pm - 3pm ET

Scaling Up Carbon Capture with Modular, Electric Tech

Co-produced with ACS Industry Member Programs



Thurs., April 21, 2022 | 2pm - 3pm ET

Sustainable Crop Protection: Chemists Celebrate Earth Week

Co-produced with ACS Green Chemistry Institute



en español

Wed., April 27, 2022 | 2pm - 3pm ET

¿Cómo Ser Empresaria de la Industria Química

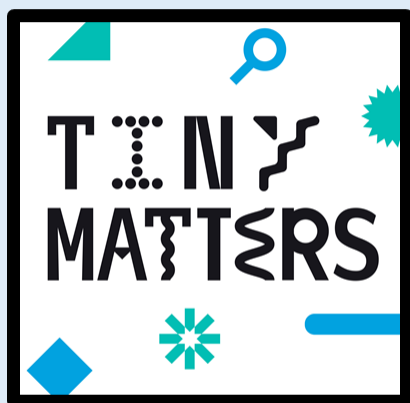
Co-produced with Sociedad Química de México and C&EN

Register for Free

Browse the Upcoming Schedule at www.acs.org/acswebinars

5

5



A science podcast by the American Chemical Society about things small in size but BIG in impact.



Sam Jones, PhD
Science Writer & Exec Producer



Deboki Chakravarti, PhD
Science Writer & Co-Host

TO SUBSCRIBE
visit <http://www.acs.org/tinymatters> or
scan this QR code



6

From ACS Industry Member Programs

◆ Industry Matters Newsletter

ACS Member-only weekly newsletter with exclusive interviews with industry leaders and insights to advance your career.

Preview & Subscribe: acs.org/indnews



Connect, collaborate, and stay informed about the trends leading chemical innovation

Join: bit.ly/ACSinnovationhub

7

A Career Planning Tool For Chemical Scientists



ChemIDP is an Individual Development Plan designed specifically for graduate students and postdoctoral scholars in the chemical sciences. Through immersive, self-paced activities, users explore potential careers, determine specific skills needed for success, and develop plans to achieve professional goals. **ChemIDP** tracks user progress and input, providing tips and strategies to complete goals and guide career exploration.

<https://chemidp.acs.org>

8

8

Career Consultant Directory



Find a Career Consultant

<p>Academia</p>	<p>Government</p>	<p>Industry</p>
<p>Nonprofit</p>	<p>Independent</p>	<p>Retirement</p>

- ACS Member-exclusive program that allows you to arrange a one-on-one appointment with a certified ACS Career Consultant.
- Consultants provide personalized career advice to ACS Members.
- Browse our Career Consultant roster and request your one-on-one appointment today!

www.acs.org/careerconsulting

9



ACS Scholar Adunoluwa Obisesan

BS, Massachusetts Institute of Technology, June 2021
(Chemical-biological Engineering, Computer Science & Molecular Biology)

“The ACS Scholars Program provided me with monetary support as well as a valuable network of peers and mentors who have transformed my life and will help me in my future endeavors. The program enabled me to achieve more than I could have ever dreamed! Thank you so much!”

GIVE TO THE
ACS SCHOLARS PROGRAM

Donate today at www.donate.acs.org/scholars

10

Get in touch with the Office of Diversity, Equity, Inclusion & Respect

The Office of Diversity, Equity, Inclusion & Respect (DEIR) is the central hub at the American Chemical Society that coordinates, supports, and guides all efforts by staff, members, and governance toward Strategic Goal 5, "Embrace and Advance Inclusion in Chemistry." The Office of DEIR at ACS is committed to empowering everyone, irrespective of lived experience and intersectionality of identities, to fully participate in the chemistry enterprise. The Office of DEIR welcomes comments, suggestions, and questions around issues of diversity, equity, inclusion, and respect from members at any time. Please do not hesitate to reach out to the Office through this form.



Please do not hesitate to reach out to the Office of DEIR at diversity@acs.org

<https://fs7.formsite.com/acsdiversity/ACSMemberFeedback/index.html>

11

11

Atlantic Basin Conference on Chemistry

Linking the World Through Chemistry

13-16 DECEMBER 2022 | MARRAKECH, MOROCCO

Visit ABCChem.org for more information

 **ABCChem**
ATLANTIC BASIN CONFERENCE ON CHEMISTRY

#ABCChem2022

12

ACS Career Resources



Professional Development & Education



ACS Professional Education

Startups and training opportunities from being supported to your long career and more of your career.

ACS Leadership Development

A suite of flexible, free and online courses for growing your leadership skills to leading global industry.

ACS Institute

An online learning portal that offers a virtual collection of learning and training resources taught by leading experts.



Virtual Classrooms

Brought to you by ACS Career Pathways™, these online classrooms can provide expertise in key areas to meet your career goals.

ACS Webinars

Hundreds of webinars presented by subject matter experts in the chemical enterprise.

Career Events

Free webinars and networking opportunities for the career-changing professionals.



ACS on Campus

Free events where students can interact with top researchers, learn and bring home ACS awards and gear for free.

Periodic to Faculty Workshop

An annual networking for postdoctoral fellows interested in faculty positions in the chemical enterprise.

Career Kick-Start Workshop

A one-day career development workshop for graduate students and postdoctoral fellows.



Managing Your Career

ACS Career Pathways™

Helping leading chemical research and engineering leaders in industry, higher education, government, and working for yourself.

Career Consultants

Personalized consulting guidance to make more meaningful career decisions and find better in your job search.

ChemSP®

ACS Institute development resources for graduate students and postdoctoral fellows.



Resume Review

Get to know your resume. We look will to help you to improve it to support your job search.

Register for a 2022 Virtual Office Hour

7 APR	How to Write a Resume ○ April 7, 2022	5 MAY	Careers in Government ○ May 5, 2022
2 JUN	Entrepreneurship ○ June 2, 2022	7 JUL	Networking ○ July 7, 2022
4 AUG	Is Grad School Right for Me? ○ August 4, 2022	1 SEP	Leadership and Soft Skills Development - What You Need to Advance in Your Career ○ September 1, 2022

<https://www.acs.org/content/acs/en/careers/personal-career-consulting.html>

<https://www.acs.org/content/acs/en/careers/developing-growing-in-your-career.html>

13

13



www.acs.org/acswebinars



Wed., April 13, 2022 | 2pm - 3pm ET

Scaling Up Carbon Capture with Modular, Electric Tech

Co-produced with ACS Industry Member Programs



Thurs., April 21, 2022 | 2pm - 3pm ET

Sustainable Crop Protection: Chemists Celebrate Earth Week

Co-produced with ACS Green Chemistry Institute



Wed., April 27, 2022 | 2pm - 3pm ET

¿Cómo Ser Empresaria de la Industria Química

Co-produced with Sociedad Química de México and C&EN

Register for Free

Browse the Upcoming Schedule at www.acs.org/acswebinars

14

14



ACS
Chemistry for Life®

www.acs.org/acswebinars



**THIS ACS WEBINAR®
WILL BEGIN SHORTLY...**

👋 Say hello in the
questions window!



15

15



ACS
Chemistry for Life®

www.acs.org/acswebinars



Download
the Presentation Slides
Under Handouts



ACS Webinars®
CLICK • WATCH • LEARN • DISCUSS

**The Basics of Building Resilience:
Burnout, Boundaries, and Believing in Yourself**



LORI ANA VALENTÍN, PH.D.
Director of Professional
Development and Continuing
Education, The College of Saint Rose




TOM HALLERAN
Manager Career Consultant
Program, American Chemical Society

This ACS Webinar® is co-produced with the ACS Careers.




16

16



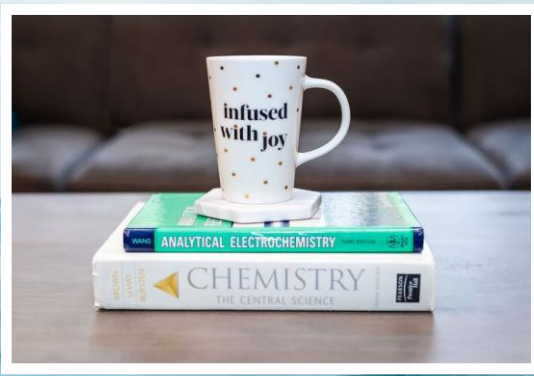




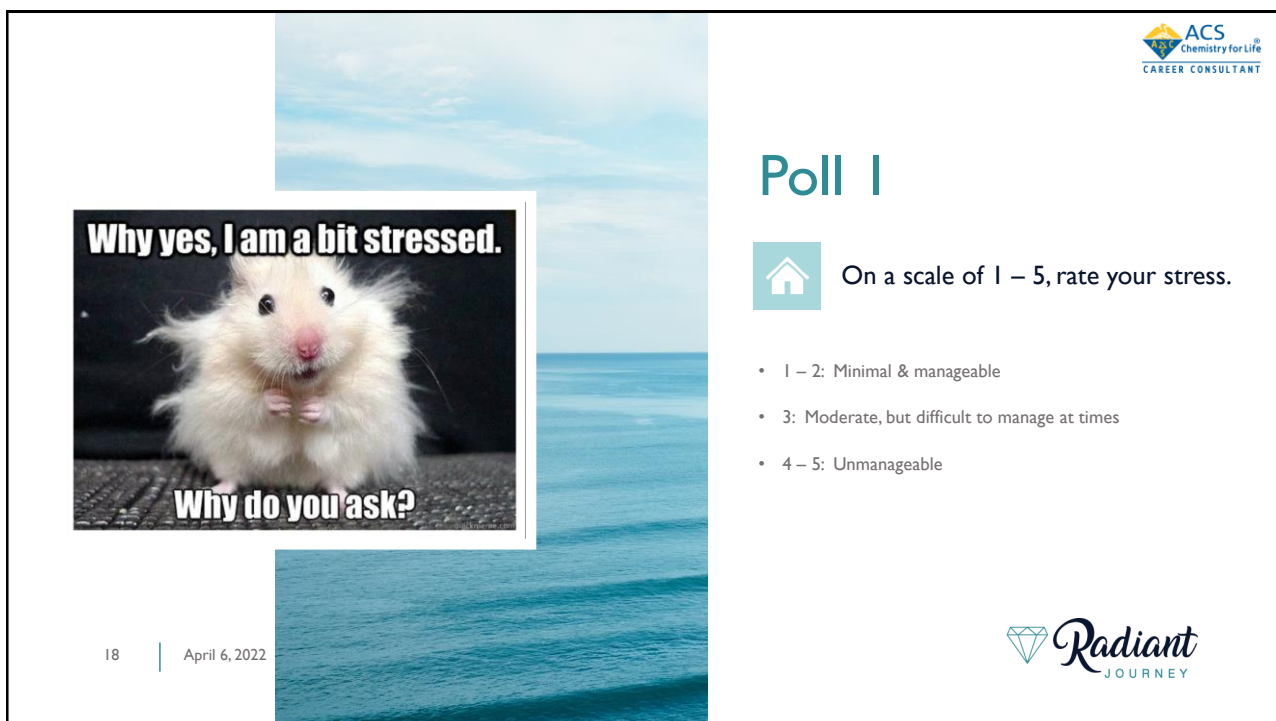
The Basics of Building Resilience


Burnout, Boundaries, and Believing

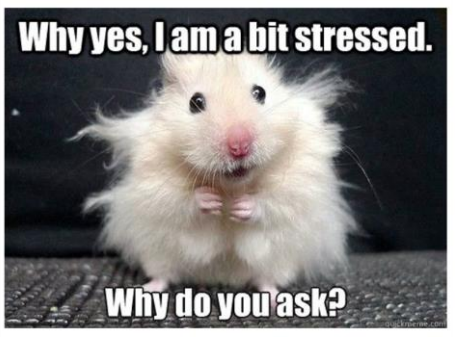
Lori Ana Valentín, Ph.D.
www.linkedin.com/in/lavalentin




17








Poll 1



On a scale of 1 – 5, rate your stress.

- 1 – 2: Minimal & manageable
- 3: Moderate, but difficult to manage at times
- 4 – 5: Unmanageable

18 | April 6, 2022



18

Welcome!

Resilience Building

The pandemic has frayed our ability to cope with stress and process our emotions.

This mini-workshop is designed for chemists by a chemist! It will provide you with some foundational tools to build long-term resilience to life's stressors.

Congratulations on taking the first step to building a happier and healthier life!

19
April 6, 2022

19

Resilience is our ability to bounce-back from and grow through challenges.

20
April 6, 2022

Key take-aways

Mitigate Burnout

Sleep is essential.

Practice setting boundaries.

Shift your perspective.

20

This is a mini-workshop. Access the full workshop here:



Self-Love
Perspective
Resilience

Strategies for *Self-Love*

Healing is an unlearning of patterns. It takes time.

Heal your trauma

Seek therapy

Talk to a trusted loved one

Join a support group

Journal

13 Convent Journal: Are You *It* Actually? 11

Healing Trauma
Self-Care

21 | April 6, 2022



21



Poll 2



Rate your sleep quality.

- 0 – 3: Poor; lack of sleep is a limiting reagent in my life
- 4 – 6: A racemic mixture of good nights and bad nights
- 7 – 9: Mostly high quality, uninterrupted sleep
- 10: Perfect! No complaints at all

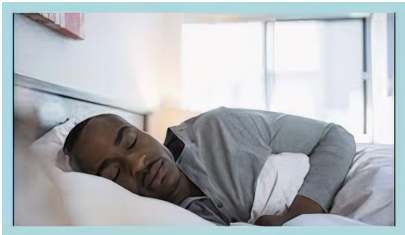
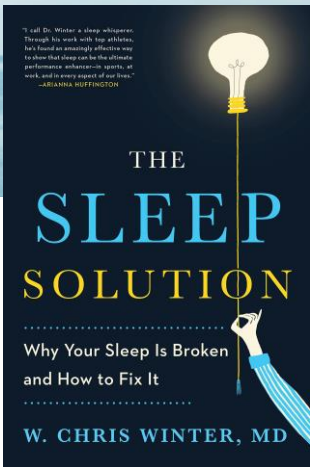
22 | April 6, 2022



22

The Power of Sleep


“Sleep is the golden chain that ties health and our bodies together.” – Thomas Dekker

ACS
Chemistry for Life
CAREER CONSULTANT


Prioritize your well-being. Your health is worth the investment in a stress-management strategy.


23 | April 6, 2022




23

Sleep Catalysts







Develop a sleep schedule and routine




Increase workout intensity




Meditate to fall asleep



Eliminate caffeine 8 hours before bed



Eliminate alcohol 4 hours before bed




Seek medical help/therapy if you do not see a consistent improvement after 2 weeks.

You need the same amount of sleep for your adult life.

ACS
Chemistry for Life
CAREER CONSULTANT

24



[10 Best Sleep Apps to Download in 2021, According to Experts](#)

24

Sleep Catalysts



Develop a sleep schedule and routine



Increase workout intensity



Meditate to fall asleep

Transformational Tip

Circle one sleep enhancer you can try. Pick a specific date to try it and put it in your calendar.



25 Eliminate caffeine 8 hours before bed



Eliminate alcohol 4 hours before bed



Seek medical help/therapy if you do not see a consistent improvement after 2 weeks.



[10 Best Sleep Apps to Download in 2021, According to Experts](#)

Poll 3



Approximately how many times per week do you wake up feeling panicked, or wake up and cannot "turn off" your thoughts?

- Almost never
- Once or twice a week
- Most nights, 4 -5 times per week
- Every night



Midnight Anxiety



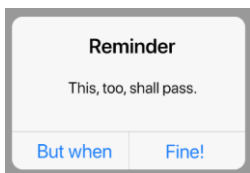
Journal if you are overthinking.



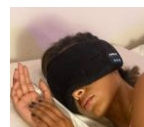
Meditate

The only way to truly improve your sleep long-term is to address the underlying root cause of your anxiety and how you cope with it.

This is a matter of your quality of life, and **you are worth the investment.**



Set a reminder/alarm for something you are worried you will forget.



[10 Best Sleep Apps to Download in 2021, According to Experts](#)

Poll 4



What is one area in your life where you'd like to set better boundaries?

- Work / School
- Family / Friends
- Volunteer work / Hobbies
- I'm not sure, but I want to do something to create more space for myself
- My life is balanced and I don't need to set boundaries in any of these areas

Setting Boundaries

You cannot eliminate all drains and stressors from your life.

But you can identify and minimize limiting reagents.



29

April 6, 2022



29

Setting Boundaries

You cannot eliminate all drains and stressors from your life.

Write down (2) **requirements** in your life that are sources of stress and (2) **non-requirements** that are sources of stress.

Keep these in mind as we explore various ways to set boundaries.

The **non-requirements** are good starting points!



30

April 6, 2022



30

Setting Boundaries

You cannot eliminate all drains and stressors from your life.

Does it spark joy?



31 | April 6, 2022

31

Saying no doesn't have to be an outright "NO"

Agreeing to help with a manageable part of a task instead of the entire task.

"That sounds great. I'd be happy to help with **A**, but unfortunately, I don't have the bandwidth for **B**."

Bringing in someone else who is interested in the project.

"Wow, what an exciting opportunity! One of my peers is amazing at **A** and I think they'd be perfect for this project. Let me check in with them."

Ask for help.

"Thank you so much for thinking of me! I'd really like to take a crack at **A**, but I won't be able to complete it by myself. Would you be able to work with me on it? Or do you know someone else I can team up with?"

Extend the timeline.

"For sure, I can get that done but I will need an extra week."

There is no need to apologize when setting a boundary.

32 | April 6, 2022

32

Saying no doesn't have to be an outright "NO"

Agreeing to help with a manageable part of a task instead of the entire task.

"That sounds great. I'd be happy to help with **A**, but unfortunately, I don't have the bandwidth for **B**."

Bringing in someone else who is interested in the project.

"Wow, what an exciting opportunity! One of my peers is amazing at **A** and I think they'd be perfect for this project. Let me check in with them."

Ask for help.

"Thank you so much for thinking of me! I'd really like to take a crack at **A**, but I won't be able to complete it by myself. Would you be able to work with me on it? Or do you know someone else I can team up with?"

Extend the timeline.

"For sure, I can get that done but I will need an extra week."

33

April 6, 2022



Transformational Tip

Circle one boundary you can apply to the stressful non-requirement. Try it this week.



33

Saying no to loved ones

Be honest and authentic.

"I'm running on empty and need to take some space to recharge. I'll be much better company after I get some rest!"

Thank them for their love and support.

"Thank you for being so loving and supportive. It's really helping me get through this tough time."

Offer an alternative.

"I'm afraid I'm going to miss you this weekend, but let's plan a call when things settle down for me. I miss you and want to catch up!"

Don't expose yourself to toxic situations.

"**X relative's** strong political views make me tense and uncomfortable. I'm going to have to limit my time with them, and I appreciate your support on this."

Walls keep people out. Boundaries show them where the door is.

34

April 6, 2022



34

Poll 5



On a scale of 1 – 5, how critical are you with yourself?

1 – 2: I know I'm doing my best, so I'm kind and loving toward myself when I don't hit a target

3 – 4: I can be hard on myself, but I'm trying to be kinder

5: I have high expectations, and I'm pretty hard on myself when I make a mistake or don't meet a goal



35 | April 6, 2022

35

Perspective



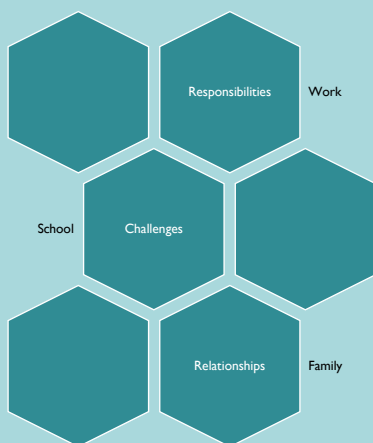
Your perspective can become your prison or your passport.

Make a list of all of your responsibilities, relationships, and challenges.



36 | April 6, 2022

36



37

April 6, 2022

Perspective



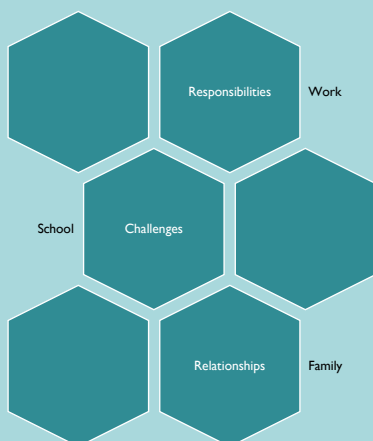
Your perspective can become your prison or your passport.

Make a list of all of your responsibilities, relationships, and challenges. I bet it's long! Consider if a dear friend or relative had this much on their plate.

- How would you treat them?
- How would you think of them?
- What would your expectations be for the relationship?



37



38

April 6, 2022

Perspective



Your perspective can become your prison or your passport.

- How would you treat them?
- How would you think of them?
- What would your expectations be for the relationship?

Recognize how much you do and treat yourself with the same compassion. Speak to yourself the way you would speak to a loved one.

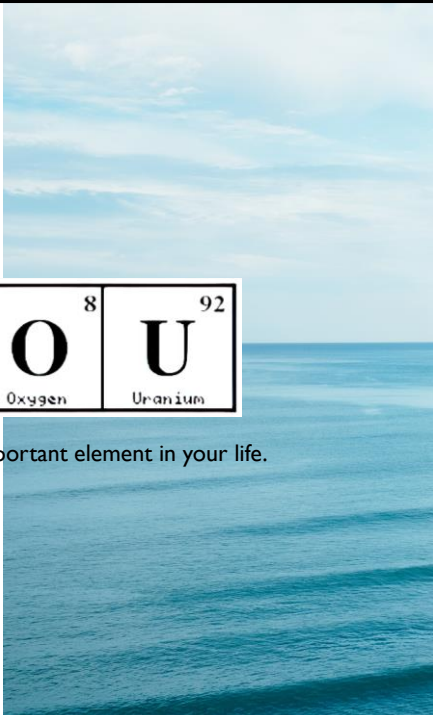


Transformational Tip

Keep this list on your phone and refer to it as needed.




38



39 Y Yttrium	8 O Oxygen	92 U Uranium
---------------------------	-------------------------	---------------------------

are the most important element in your life.

39 | April 6, 2022




Closing Poll (6)

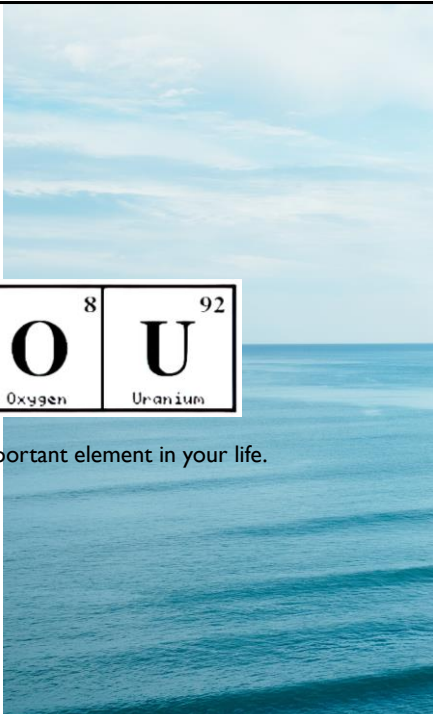
Which content was the most helpful to you today?

- Optimizing Sleep
- Prioritizing & Setting Boundaries
- Shifting Perspective
- Other (Let us know in the chat!)

Check out my website and workshop recording for more tips!




39



39 Y Yttrium	8 O Oxygen	92 U Uranium
---------------------------	-------------------------	---------------------------


are the most important element in your life.

40 | April 6, 2022



ACS Industry Matters

Building Resilience article
...coming out tomorrow, April 7!



40

THANK YOU

Lori Ana Valentín, Ph.D.

www.radiantjourney.org

radiantjourneyllc@gmail.com



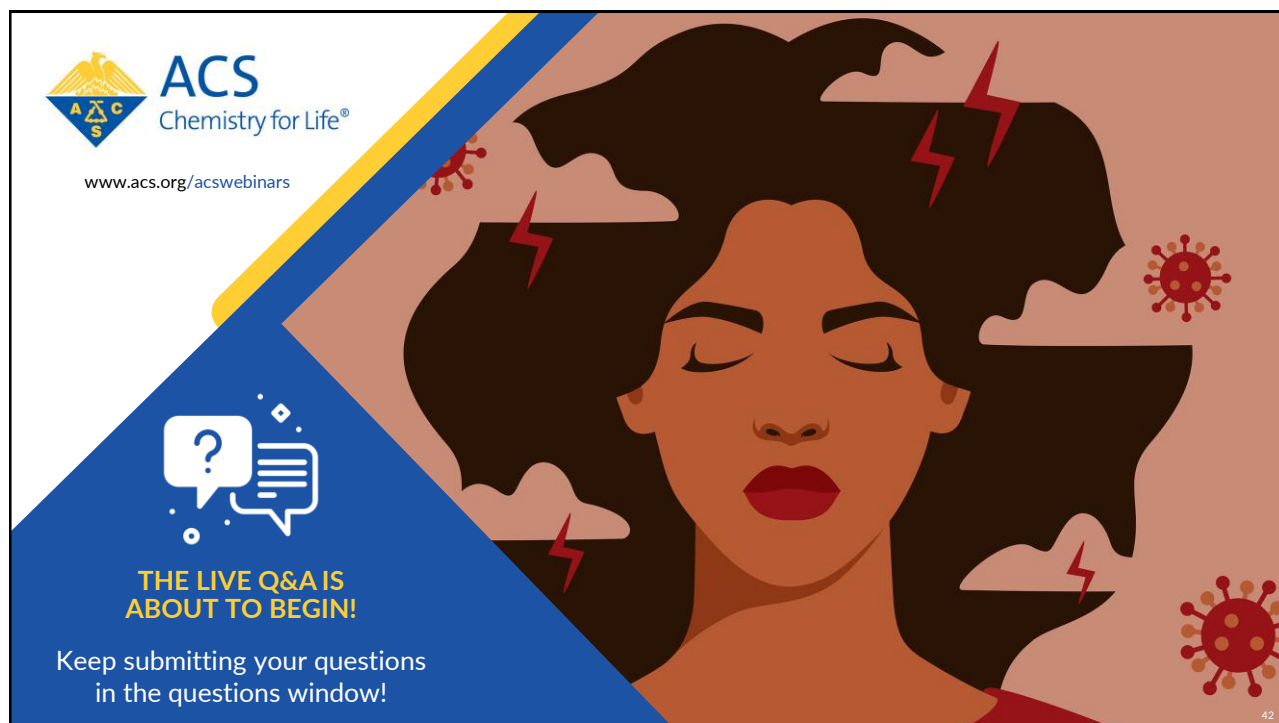
*customized resilience coaching and professional development
for chemists by a chemist*


41


April 6, 2022



41




ACS
 Chemistry for Life®
www.acs.org/acswebinars



THE LIVE Q&A IS ABOUT TO BEGIN!

Keep submitting your questions in the questions window!

42

42

ACS Career Resources



Professional Development & Education



ACS Professional Education
Starting and taking opportunities from being exposed to new things, courses and ideas for your career.



ACS Leadership Development
A suite of flexible, free and online courses for getting your leadership skills to leading global industry.



ACS Institute
An online learning portal that offers a virtual collection of learning and training resources designed by leading experts.



Virtual Classrooms
Brought to you by ACS Career Pathways™, these online sessions can provide exposure to key job areas and your career goals.



ACS Webinars
Hundreds of webinars presented by subject matter experts in the chemical enterprise.



Career Events
Free webinars and networking opportunities for the career-changing professionals.



ACS on Campus
Free events where students can interact with top researchers, learn and networking from ACS fellows and guest speakers.



Podcast to Faculty Workshop
An annual networking for professional fellows interested in faculty positions in the chemical enterprise.



Career Kick-Starters Workshop
A one-day career development workshop for graduate students and postdoctoral fellows.

Managing Your Career



ACS Career Pathways™
Helping graduate students, postdoctoral fellows, and industry professionals explore career options in research, higher education, government, and consulting for yourself.



Career Consultants
Personalized consulting guidance to make more meaningful career decisions and find better in your job search.



ChemISP™
ACS Institute development for fellows for graduate students and postdoctoral fellows.



Résumé Review
Get to know you in a unique way and let us help you to improve it to support your job search.

Register for a 2022 Virtual Office Hour

7
APR

How to Write a Resume

○ April 7, 2022

5
MAY

Careers in Government

○ May 5, 2022

2
JUN

Entrepreneurship

○ June 2, 2022

7
JUL

Networking

○ July 7, 2022

4
AUG

Is Grad School Right for Me?

○ August 4, 2022

1
SEP

Leadership and Soft Skills Development - What You Need to Advance in Your Career

○ September 1, 2022

<https://www.acs.org/content/acs/en/careers/personal-career-consulting.html>

<https://www.acs.org/content/acs/en/careers/developing-growing-in-your-career.html>

43

43



www.acs.org/acswebinars



Wed., April 13, 2022 | 2pm - 3pm ET

Scaling Up Carbon Capture with Modular, Electric Tech

Co-produced with ACS Industry Member Programs



Thurs., April 21, 2022 | 2pm - 3pm ET

Sustainable Crop Protection: Chemists Celebrate Earth Week

Co-produced with ACS Green Chemistry Institute



Wed., April 27, 2022 | 2pm - 3pm ET

¿Cómo Ser Empresaria de la Industria Química

Co-produced with Sociedad Química de México and C&EN

Register for Free

Browse the Upcoming Schedule at www.acs.org/acswebinars

44

44



www.acs.org/acswebinars




Learn from the best and brightest minds in chemistry!
 Hundreds of webinars on a wide range of topics relevant to chemistry professionals at all stages of their careers, presented by top experts in the chemical sciences and enterprise.


 **Edited Recordings**
 are an exclusive benefit for ACS Members with the Premium Package and can be accessed in the ACS Webinars® Library at www.acs.org/acswebinars

 **Live Broadcasts**
 of ACS Webinars® continue to be available free to the general public several times a week generally from 2-3pm ET. Visit www.acs.org/acswebinars to register* for upcoming webinars.


*Requires FREE ACS ID

45

45




www.acs.org/acswebinars



ACS Webinars® does not endorse any products or services. The views expressed in this presentation are those of the presenter and do not necessarily reflect the views or policies of the American Chemical Society.

Contact ACS Webinars® at acswebinars@acs.org



Mike Russell Erik

46

46