ACS Board member Lisa Balbes doesn't mince words. She says “a robust professional network is the most important tool to advance your career.” While lots of people add LinkedIn connections without much thought, Lisa explains that a fully functioning network requires nurturing, particularly through taking a sincere interest in others. If you want your network to provide information, ideas, and introductions to others, read Lisa’s suggestions and consider sharing her advice with your own network.

The workplace provides challenges that test resilience, particularly since COVID arrived. ACS Career Consultant Lori Ana Valentin explains how sleeping better, setting boundaries, and developing a self-care routine can help you bounce back from challenges and gain new skills/strengths in the process.

We’re on the road with Silvia Ronco, who recounts a business trip gone bad in Houston. On a more positive note, she has fond memories of her business trip as a newly arrived, second-year post-doc from Argentina. And despite a decades-long professional career, she is still waiting for that first business trip to Paris.

Natalie Foster sounds like she has retirement all figured out. Living close to New York City, she takes in world-class opera, theater, concerts, plays, museums, art – and enjoys the occasional lobster. What’s not to like? As Natalie puts it, when you escape the tyranny of the workweek, “Sunday night is just another night!”
ONE-MINUTE MENTOR

Lisa Balbes
Balbes Consultants LLC

Lisa Balbes says that if you want your network to provide information, ideas, and introductions to others, you need to nurture it. She tells you how.
Go to Article

CAREER PERSPECTIVES

Lori Ana Valentín
Founder
Radiant Journey LLC

Lori Ana Valentín explains how sleeping better, setting boundaries, and developing a self-care routine can help you bounce back from workplace challenges and gain new skills/strengths in the process.
Go to Article

ON THE ROAD AGAIN

Sylvia Ronco
Senior Program Director
Research Corporation for Science Advancement

Silvia Ronco recounts a business trip gone bad in Houston, and she shares fond memories of her business trip as a newly arrived, second-year post-doc from Argentina. Go to Article

THE 5TH QUARTER
Natalie Foster takes in world-class opera, theater, concerts, plays, museums, art—and enjoys the occasional lobster. As Natalie puts it, when you escape the tyranny of the workweek, “Sunday night is just another night!”

Go to Article

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Upcoming from ACS Webinars

Join Dr. Sahag Voskian, the inventor of Verdox’s Electro-Swing Adsorption (ESA) carbon capture technology, as he describes the development and deployment of a cutting-edge carbon capture technology that is 70% more efficient than current carbon capture technologies in many applications, including direct air capture.

This ACS Webinar is moderated by Mark Jones of MJPhD, LLC and co-produced with Industry Member Programs.

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Help recognize a member or partner in the chemical enterprise in the Central Region by nominating a colleague for one of the following awards.

ACS Division of Chemical Education Central Region Award for Excellence in High School Teaching recognizes, encourages, and stimulates outstanding high school chemistry teacher in the Central Region. **Deadline: April 15**

E. Ann Nalley Central Regional Award for Volunteer Service to the American Chemical Society recognizes the volunteer efforts of individuals who have served the American Chemical Society, contributing significantly to the goals and objectives of the Society through their regional activities. **Deadline: April 15**

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