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# INDUSTRY MATTERS

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Information, insights, and advice for ACS industry members

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April 7, 2022

*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!"*



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## 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.

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## 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.

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## ON THE ROAD AGAIN



**Sylvia Ronco**  
Senior Program Director  
Research Corporation for Science  
Advancement

Sylvia 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 5<sup>TH</sup> QUARTER



Natalie Foster

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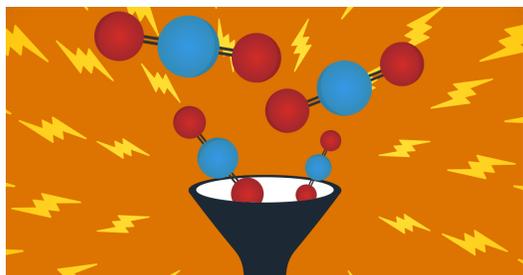
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This ACS Webinar is moderated by Mark Jones of MJPhD, LLC and co-produced with [Industry Member Programs](#).

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**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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