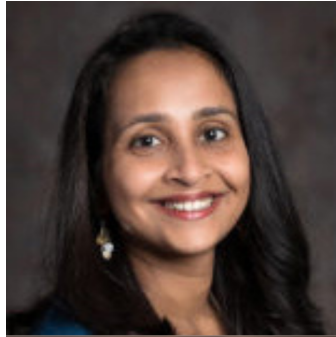


## Join ASNR Members Virtually or In-Person to Learn How to Better Manage Your Career

The Women in Neurorehabilitation Special Interest Group (SIG) of the World Federation of Neurorehabilitation (WFNR) is proud to present its first special symposium at the World Congress of Neurorehabilitation to be held in Vienna on December 17, 2022. This symposium titled 'Strategies to managing your career as a woman in neurorehabilitation' will be presented by panelists Sangeetha Madhavan PT, PhD, from the University of Illinois at Chicago, Jyutika Mehta, PhD, CCC-SLP, from Texas Woman's University, and Catherine E. Lang PT, PhD, from Washington University in St. Louis. All three are active members of the American Society of Neurorehabilitation (ASNR) and successful female neurorehabilitation researchers.



### **Panel Discussion: Strategies to managing your career as a woman in neurorehabilitation**

**WFNR**  
World Federation for  
Neurorehabilitation



Women working in the rehabilitation sciences have demonstrated outstanding clinical acumen, communication skills, compassionate support, and overall ability to provide more equitable care to meet the needs of all patients and participants. However, less than 30% of researchers worldwide are women. Gender stereotypes and long-standing biases often discourage girls and women away from science-related fields, especially STEM-based research. Women in science often concurrently balance a myriad of family responsibilities, career expectations, and personal interests. The Women in Neurorehabilitation SIG was formed to promote and support women clinicians, scientists, and academics in neurorehabilitation to achieve excellence and equity in their personal and professional lives. We aim to serve as an international platform for communication and collaboration among women in neurorehabilitation and support the advancement of women in rehabilitation sciences. This SIG is founded by Dr. Madhavan and co-chaired by Dr. Mehta.

"Early in my career, I wish I had the opportunity to have open discussions with other women in my field about juggling personal and professional lives, and not feeling guilty over prioritizing one over another as needs demanded. In developing this Special Interest Group, we wanted to provide an open channel of communication where women from different backgrounds could share their experiences and help each other thrive as neurorehabilitation professionals." remarked Dr. Madhavan.

Dr. Mehta reflected, "For me, it felt impossible to do it all, and I used to wonder how others appeared to manage all aspects of their lives so effortlessly. I look forward to sharing some of the insights that helped me approach this balancing act."

In this panel, a diverse group of female academics in neurorehabilitation will share their experience and offer strategies to help women advance their professional careers in neurorehabilitation without compromising personal pursuits. Dr. Madhavan will discuss best

practices and strategies for effective time management for a productive clinical, scientific, and/or academic career. Dr. Mehta will discuss career-life balance between personal interests, family responsibilities, and career expectations. Dr. Lang will talk about career development and the importance of having and being a mentor. The last portion of the session will be devoted to Q&A with the audience, to facilitate meeting the needs of attendees. This session will promote opportunities to network, seek mentorship, build collaborations, and discuss real-world challenges faced by women clinicians and scientists. The symposium will be held in room Stolz 2 from 10:00 – 11:30 am (Central European Time; 4:00 – 5:30 am Eastern Standard Time) on December 17<sup>th</sup>.

According to Dr. Mehta, “This session will be a vibrant panel discussion where you can learn valuable insights that you can immediately apply to your own life and career. You definitely don’t want to miss it!”

We encourage ASNR Members and other rehabilitation experts to attend this panel discussion. This is a hybrid session and a virtual link will be available to registered participants on the conference website before the session. Details about the conference session can be found here:

<https://programme.conventus.de/wcnr-2022/program/sessions/553d2818-178c-4819-aac6-58525c014d91>