

# DFA LEAN IN NETWORK

BRILLIANT FUTURE. BRILLIANT WOMEN.

## 2020 EVENT CALENDAR

Click the button below (or visit [fa.uci.edu/lean-in/registration.php](https://fa.uci.edu/lean-in/registration.php)) to register for one or all sessions. Each topic is covered twice within the month to allow for greater flexibility of attendance. Once registered, participants will receive a confirmation calendar invite with Zoom information. Email [WithUForU@uci.edu](mailto:WithUForU@uci.edu) with any questions.

**REGISTER**

### Know Your Strengths, Own Your Strengths

When you study lastingly successful people, you find that they have one thing in common: they focus on their strengths, and manage around their weaknesses.

**AUG.**  
19 or 26

### How to Use Stories to Win Over Others

Studies show that we are wired to remember stories much more than data, facts, and figures. But when data and stories are used together, audiences can be deeply moved.

**SEPT.**  
16 or 23

### Focusing on Feedback

Feedback is a critical ingredient to growth and development. We all have performance blind spots and learning to take advantage of feedback early in our careers will pay in dividends over time.

**OCT.**  
7 or 14

### How to Cut Your To Do List and Get More Done

Instead of doing it all—do what matters most. Learn concrete strategies for prioritizing your time and cutting your to-do list in order to achieve your most important goals and find a better work-life balance.

**NOV.**  
4 or 18

### 3 Effective Ways to Manage Your Inner Critic

Women often rate their performance and abilities at work more negatively than men (often unknowingly). Learn the simple, science-based tools and techniques to challenge those negative inner critic thoughts and build confidence and self-efficacy instead.

**DEC.**  
2 or 16

#### What is a Lean In Network?

Group of DFA women who meet regularly providing opportunities for skills development, networking, inspiration, and support.

#### How Often Are Meetings Held?

Sessions are held monthly to discuss pre-selected educational topics facilitated by DFA Lean In Champions.

#### What is a Lean In Champion?

Volunteers within DFA who facilitate the monthly sessions using Lean In educational resources.

Learn more at [fa.uci.edu/lean-in/](https://fa.uci.edu/lean-in/) | Email questions to [WithUForU@uci.edu](mailto:WithUForU@uci.edu)