

## MAY CHAPTER MEETING

### Approaching Career Watersheds with Confidence

Watersheds, important turning points, or transitions in our careers are a fact of modern life and most likely will affect all of us on some level. Some transitions are self-initiated and approached with enthusiasm while others are unwelcome, leaving many people feeling victimized. Both scenarios require taking risks and may provoke anxieties and fears that can impede our ability to function at our best. This session will provide some insights and tools to prepare yourself to confidently meet the challenges that come with career watersheds, including:

- Learning more about you, your career aspirations and motivations
- Anticipating environmental shifts and estimating the impact of the shifts
- Creating opportunities for yourself
- Support systems for your career transitions
- Turning ideas into action



**Cathy Akiyama**, founder of CA-Jin Coaching. Consulting. Mentoring., is a business consultant and transformational leadership coach passionate about helping people become personally and professionally aligned. With an undergraduate degree in Pharmacy Practice, Cathy has created a somewhat atypical and varied career path for herself ranging from pharmacist to biopharmaceutical commercial executive to leadership coach and business owner. Cathy is known for her creativity, intuition, and out-of-the-box thinking while simultaneously being practical, data-driven and a solid strategist.

**Thursday, May 27, 2010, 6:30-8:30 pm**

Light supper\* and networking 6:30pm – 7:00pm

Location: **Novartis**\*\*

**New Location--Building X-310, 5300 Hollis St, Emeryville, CA**

REGISTER AT <http://careerwatersheds.eventbrite.com/>

NOTE: When registering w/ Eventbrite, it will say FREE, however donations will be collected at the door.

Suggested donation is: \$5 for members/students, \$10 for nonmembers.

**This is a nonprofit organization and donations cover cost of food.**

**NON-SCIENTISTS and MEN ARE ALL WELCOME!**

\*\* New parking and registration directions: Park at lot located next to Building X, on Hollis St., north of 53<sup>rd</sup> St. Check-in at Building X.

See map for directions: [http://docs.google.com/Presentation?docid=dfn73jpw\\_1735k88pggz&hl=en](http://docs.google.com/Presentation?docid=dfn73jpw_1735k88pggz&hl=en)