



**@PDXWIT**



**@SurveyMonkey**



## **EVENT THEME:**

"Your Best Self at Work"

## **CONVERSATION STARTER:**

"What's the most important personal value you bring to work?"

# OUR PURPOSE

We are a community-based non-profit organization. Our purpose is to strengthen the Portland women in tech community.

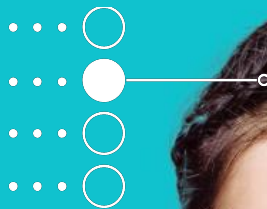
# **WHY STOP THE NETWORKING?**

- 1. Share important and applicable announcements**
- 2. Showcase women in our community doing great things**

# **Before we get started, we need your help...**

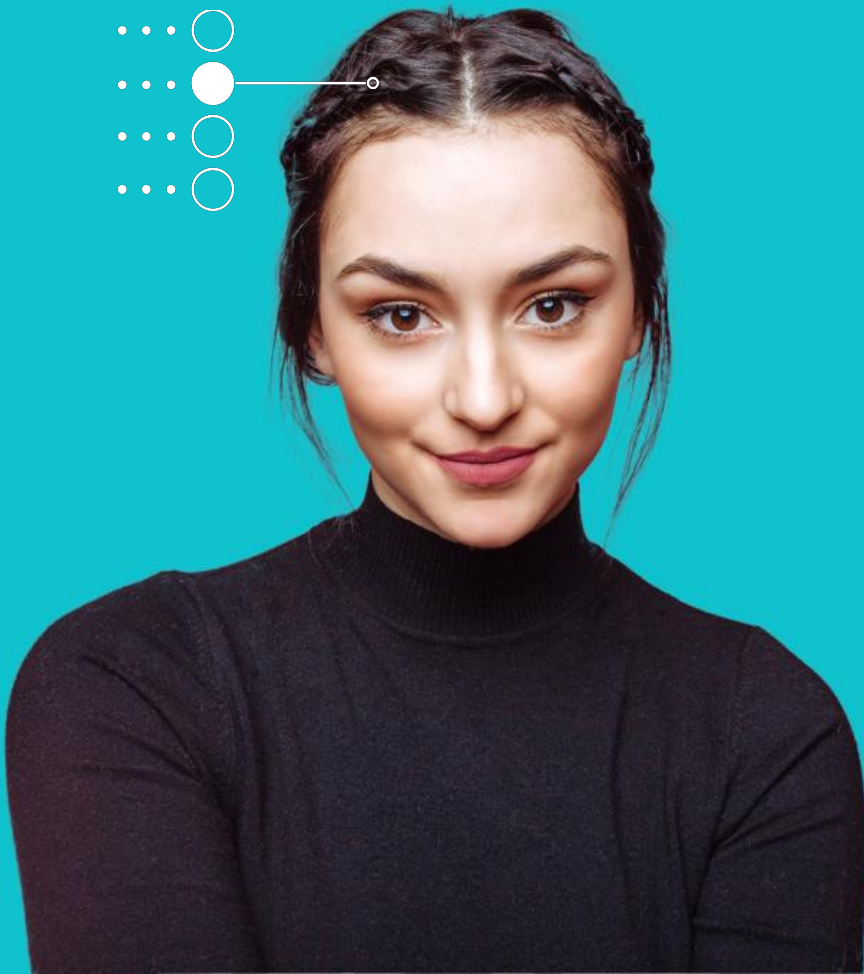
1. Please respect the speakers and keep things quiet
2. In return, we will keep this brief

**Thank You SurveyMonkey!**



# We're hiring!

- Senior Product Designer for Audience
- Full stack Engineer for Audience
- Backend Engineer for Audience
- Mobile Engineer for Audience
- Manager, Scale Customer Success
- Senior Technical Support Engineer
- Customer Engagement Representative



# Host Spotlight

**Kirsten Benzel**

Sr. Database Engineer At SurveyMonkey

**@CyberSnark**





# **Announcements**

# Upcoming Events

## January

**Jan 24** - [How to Study for a Technical Interview](#) @ AWS Elemental

**Jan 30** - [Quarterly Mentorship Event](#) @ FINE

## February

**Feb 1** - [How to Accelerate the Growth of Your Startup](#) @ Jama

**Feb 5** - [PDX Women in Tech \(PDXWIT\) + SupportDriven Getting on Stage](#)

[Pitch Workshop](#) @ Janrain

**Feb 7** - [Why Gender-Inclusive Software Matters to Everyone](#) @ ThinkShout

**Feb 13** - [Confronting the Gender Gap: Stories from the HomeDepot Quote](#)

[Center](#) @ Regus

**Visit the photo booth!!**



# Get a warm, cozy hoodie and show PDXWIT pride!



# **Lightning Talks**

## **showcasing women in our community**

### **doing great things!**

**3 minutes each**  
**questions after the speaking segment ends**

**Do you want to speak at a future event? Tell us @**  
**[www.pdxwit.org/become-a-volunteer](http://www.pdxwit.org/become-a-volunteer)**

# Rebecca Alexander

Co-founder and CEO of Allgo

@portlandrebecca | @canweallgo



Allgo at Work - Tell Us About Your Office Chairs!

# **Take Our Survey**

[bit.ly/AllgoSurvey](https://bit.ly/AllgoSurvey)

(When you're done, raise your hand and we'll bring you a treat!)

**Thank you for your help!**

Stay in touch!

@portlandrebecca | @canweallgo



# Madonnalisa Chan

Principal at Chan Consulting  
(an Information Management Consulting Firm)

@mlchan

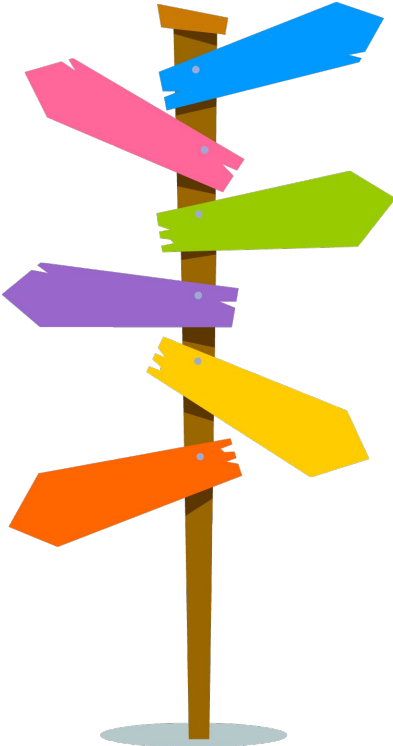


Making values-based decisions in your career

Time  
Management

Star Ratings

Healthcare



Finances

Education

Newsfeed

Buying Products

Accomplishment	Gentleness	Decisiveness	Knowledge	Reliability	Timeliness
Accountability	Gratitude	Determination	Leadership	Resourcefulness	Tolerance
Accuracy	Growth	Discipline	Love	Respect	Tradition
Adventure	Hard work	Discovery	Loyalty	Responsiveness	Tranquility
Beauty	Happiness	Diversity	Meaning	Results	Trust
Challenge	Harmony	Efficiency	Order	Safety	Truth
Change	Health	Enjoyment	Peace	Security	Unity
Cleanliness	Honor	Equality	Perfection	Sensitivity	Variety
Collaboration	Honoring God	Excellence	Personal Growth	Service	Wealth
Commitment	Improvement	Fairness	Perseverance	Simplicity	Well-being
Communication	Identity	Faith	Pleasure	Skill	Wisdom
Community	Independence	Faithfulness	Power	Speed	
Competence	Individuality	Family	Practicality	Spirituality	
Competition	Integrity	Freedom	Privacy	Stability	
Concern for others	Intelligence	Friendship	Progress	Status	
Connection	Joy	Fun	Prosperity	Strength	Source (with some modifications): <a href="http://www.intentionallifecoaching.com/values/">http://www.intentionallifecoaching.com/values/</a>
Cooperation	Justice	Generosity	Punctuality	Success	
Creativity	Kindness	Gentleness	Quality	Teamwork	

# Values-Based Decision Making Checklist

## REFLECT

- Take some time for yourself; a few hours, a weekend, a whole month.
  
- Ask yourself lots of tough questions and write your answers down:
  - What are your values? What do you care about? What are your passions?
  - What are your goals?
  - What's holding you back? What are you afraid of?
  - What are you looking forward to? What gets you excited?

# Values-Based Decision Making Checklist

## RESPOND

- How do you plan to make those values stick? To “Frame” it up and make it all happen.
  - \* Make a list, create a vision board, planner system, etc.
  
- How are you planning to make those decisions?
  - \* Depending on when you need to make these decisions, give yourself a time frame of some interval 30-60-90 days to get started.
  
  - \* What will use to track your personal progress? (e.g. OKRs- objectives & key results)
  
- Have you considered design thinking principles as a tool to build and test your values against your everyday life.

# Values-Based Decision Making Checklist

## REMOVE

- What can you take away from your plate right now that doesn't align with your values?

## RELATE

- Share what you learn!
- Become a mentor.

Thank you!  
@mlchan

# Books

Designing Your Life (William Burnett, 2016)

When to Jump (Mike Lewis, 2018)

Meaningful Work: A Quest to Do Great Business, Find Your Calling, and Feed Your Soul (Askinosie, 2017)

Liminal Thinking (Dave Gray, 2016)

Make your Bed (William McRaven, 2017) Based on commencement speech

Thinking, Fast and Slow (Daniel Kahneman, 2011)

Strengths Finder 2.0 (Tom Rath, 2007)

Give and Take: Why Helping Others Drives Our Success (Adam Grant, 2014)

The Last Lecture (Randy Pausch, 2008)

Joy Inc (Richard Sheridan, 2013)

The Hard Questions for An Authentic Life (Susan Piver, 2004)

Who's Got Your Back (Keith Ferrazzi, 2009)

Man's Search for Meaning (Viktor Frankl, 2006)

Lean In: Women, Work, and the Will to Lead (Sheryl Sandberg, 2013)

Option B (Sheryl Sandberg and Adam Grant, 2017)

Originals: How Non-Conformists Move the World (Adam Grant, 2016)

When Breath Becomes Air (Paul Kalanithi, 2016)

Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder (Huffington, 2015)

The Artist's Way (Julia Cameron, 1992)



# Articles, Podcasts, & Sites/Blogs

Marilyn Price-Mitchell PhD, “How Your Brain Finds Meaning in Life Experiences” (December 29, 2017)

<https://www.psychologytoday.com/blog/the-moment-youth/201712/how-your-brain-finds-meaning-in-life-experiences>

Heather McGowan, “Preparing Students to Lose Their Jobs” (October 25, 2017)

<https://www.linkedin.com/pulse/preparing-students-lose-jobs-heather-mcgowan/>

Stacy Kim, “Why You Need to Try the Lighthouse Method” (Real Simple)

<https://www.realsimple.com/work-life/lighthouse-method>

Thrive Global (<https://www.thriveglobal.com/>)

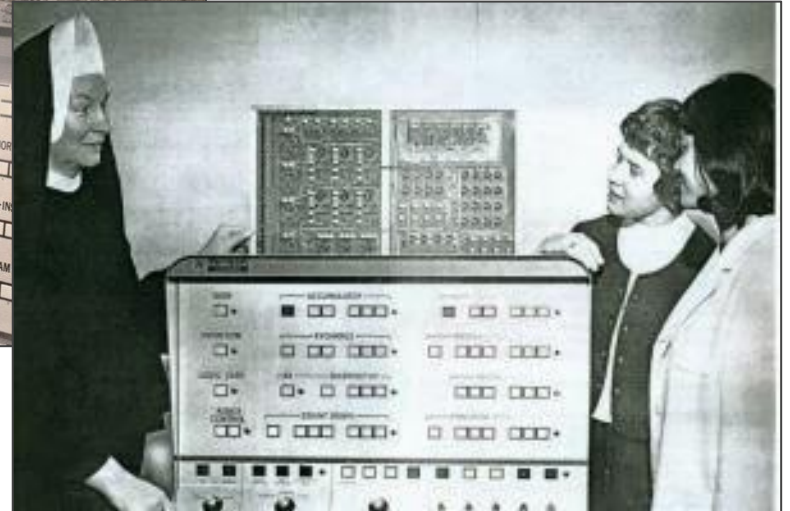
When to Jump (<http://www.whentojump.com/>)

Grethen Rubin (<https://gretchenrubin.com/>)

Brene Brown (<https://brenebrown.com/>)

# Sister Mary Kenneth Keller (1914-1985)

First Female Computer Science PhD



# THANK YOU SPONSORS

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Building an Equitable Economy



# Happy Hour

February 20th, 4:30-6:30

**@viewpointcs**



**VIEWPOINT**