

Women in Tech - September 12, 2023

Date and Time:

12 September 2023 - All items on the board
17:04 (UTC+00:00)

Facilitator:

WomenInTech Tessitura Community

Attendees:

Shelly Binkley, Olivia Anderson, Katie Hathaway, Anastassia Lavrinenko, Nicki LeGrand, Christina Bledsoe, Nicole Url, Nancy, Katina White, Kathleen, Jamie OBrien (New 42), Sara Funk, Kat Davis, Jeanne DeVore, Odele Peter (she/her), The Flynn, Bobbi Kay, Kathleen Smith, Stephanie Heller (She/Hers), Alison Atkinson, Chelsea Marti, Sara Nemeth, Jennifer, Katie Lachance-Duffy, Laura House (she/her), Catherine Goodwin, Beth Dietzler, Jessica, Elizabeth Lubowitz, Amber Sanders, Ony R, Rachel Schlaff, Erin Stout-Shoger (She/Her) | The Smith Center, Lauren Gruber, Anna E Wessely, Gill Tasker, Annie, Dawn Yates, Katie Cullen, Kanani-Seattle Children's Theatre, Jo Chicoine, Samantha Wilson, Angela Leftwich, CMHOFM, Anya Austria, Jennifer Dulik, Jenny, Madeline, Brianna W (RTC), Caryl, Stacey Voigt, Jessica Jamieson, Heidi

Summary:

Actions:

Learnings:

Topics discussed:

How do you handle "productivity" tools like Slack where everything seems like noise?

Votes: 11

Suggested by: Sara Nemeth

Comments:

What do you say to people who are intollerant of emotional disregulation?

Votes: 8

Suggested by: Kanani-Seattle Children's Theatre

Comments:

What do you do when your supervisor calls you rude on your evaluation because of your direct communication style?

Votes: 7

Suggested by: Rachel Schlaff

Comments:

How can someone navigate neurodivergence when their work day is often reactionary to outside circumstances such as other department's objectives, or customer objectives?

Votes: 6

Suggested by: Jennifer

Comments:

How do you deal with "challenging" coworkers in an in-person meeting?

Votes: 3

Suggested by: Chelsea Marti

Comments:

- Jo Chicoine
I have so much fear/anxiety surrounding that level of vulnerability in the workplace. The thought of saying "I'm feeling dysregulated" is terrifying to me because I think they will see me as weak.

What made you decide to seek your second diagnosis for ADHD and how has that impacted you to know that some of your traits can be attributed to dysgraphia and some to ADHD?

Votes: 2

Suggested by: Shelly Binkley

Comments:

I appreciate the note about switching career paths, and being able to let things go when you're not good at them. The shame and school-girl fault of failing is alleviated in that perspective.

Votes: 1

Suggested by: Sara Funk

Comments:

Topics voted on but not discussed:

I'm newer to a leadership position and worry about how my flavor of neurodivergence might rub up against my employees styles. How can I make sure I am getting my point across effectively while catering to different flavors of neurodivergencey?

Votes: 3

Suggested by: Kat Davis

Comments:

What advise do you have for young people for advocating for themselves in school and then stepping into the work place?

Votes: 2

Suggested by: Beth Dietzler

Comments:

You were at Tessitura for so long. How did you know it was time to move on? Were you afraid that you wasted time there, that you had fixated for too long, or maybe that it was "the only place that understands you?" Etc etc?

Votes: 2

Suggested by: Nicole Url

Comments:

Anna, I appreciate the way you described some of your neurodivergence and what tools you use to help manage challenges. Would love to hear more about your journey identifying what works best for you, like choosing your power outfit, the timer and taking notes by hand.

Votes: 1

Suggested by: Laura House (she/her)

Comments: