

## **Encouraging Women Across All Borders: Beyond Her Comfort Zone**

*Beyond Her Comfort Zone* is an EWAAB initiative that aims to share the stories of women in academia and industry in order to inspire young women and provide them with confidence, courage, and role models. All personal accounts will be featured on our website as part of our digital library, and also on our social media pages and/or monthly newsletters.

### **Written Account Guidelines**

#### *Headshot*

Please attach a picture of yourself as a .jpg file for us to pair with your written story.

#### *Biography*

Please begin with a brief introduction to yourself, describing who you are, your career, your interests, etc.

#### *Story*

This is your opportunity to share your story. Tell us about a time in your career when you went out of your comfort zone. This could be an experience that led to success or failure.

Some additional questions to think about to help guide your response:

- What challenges did this experience present?
- How did you overcome the fear of having to go out of your comfort zone?
- What did you learn from this experience?
- How did it shape who you are today?
- Do you have any words of encouragement for young women following in your footsteps?

Please try to limit your response to **three** paragraphs. Feel free to also include quotes that are your own or any quotes/mantras that you find inspiring or try to live by. If you have any questions, feel free to reach out to me - by email at [ccyr@stevens.edu](mailto:ccyr@stevens.edu) or by phone at 978-551-5694.

*Thank you so much for being a part of this initiative and inspiring the next generation of women!*