Brianna Caza, Ph.D.

Brianna Barker Caza is an Associate Professor in the Asper School of Business at the University of Manitoba. She received her Ph.D. in Organizational Psychology from the University of Michigan and has previously been affiliated with institutions in both North America and the Asia Pacific Region including the University of Illinois, Wake Forest University, the Center for Creative Leadership, the University of Auckland, and Griffith University. Professor Caza's research program seeks to understand the resources and processes that produce resilience in turbulent and dynamic work contexts. Through her research, she seeks to identify ways individuals and organizations can create work environments that allow professionals to correct errors and thrive amidst unexpected events and environmental changes. She has a particular interest in identity dynamics related to the gig economy, multiple role holding, and marginalized populations.

M. Teresa Cardador, Ph.D.

M. Teresa Cardador is an Assistant Professor in the School of Labor and Employment Relations at the University of Illinois at Urbana-Champaign. She received her Ph.D. in Organizational from the University of Illinois, and holds a M.P.H. in Health Policy and Administration and a B.A. in Psychology, both from the University of California at Berkeley. Dr. Cardador's research explores the experiences of meaningful work and identity construction at work. She is principally interested in how people make sense of their work experiences and navigate their career paths, and has a particular fascination with engineering and health care professions. Dr. Cardador's research has been published in outlets such as Academy of Management Journal, Organization Science, Journal of Vocational Behavior, and Human Resource Management Review, and been presented over 50 times in invited and peer-reviewed professional settings and conferences.

Breakout Title: "Staying in, Moving up, and Feeling Fulfilled: Resilience Strategies for Women in Science and Engineering"

Everybody faces stressors in their work. But, women in engineering, science, trades, and technology fields face stressors not only due to the challenging work itself, but also due to the explicit and implicit identity challenges they face in the work environment. As a result, women in these occupations often face alarming rates of burnout. Our goal in this interactive session is to present research on common stressors women face in science fields, and discuss strategies that can be employed to increase resilience. Resilient women professionals face the same stressors and adversities as do their non-

resilient colleagues, but they are able to regain their equilibrium faster, maintain a higher standard of quality work, and sustain a higher level of well-being. This session will focus on identity-based strategies that will help women build psychological and social resources they need to demonstrate resilience at work.