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Autore	Daniell Ellen <1947->
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Nota di contenuto	Front matter -- Contents -- Preface -- Introduction: Working Toward Diversity -- A Note on Confidentiality and Terminology -- 1. Every Other Thursday: A Meeting of Group -- 2. Evolution: How Each of Us Came to Group -- 3. Facing Disaster: Ellen's Story -- 4. Accepting . . . Liking . . . Celebrating: Appreciating Ourselves and Being Entitled to Success -- 5. A Serious Mind and a Light Heart: Respecting Instinct and Personal Goals -- 6. Off Balance and Out of Control: Managing Time and Establishing Equilibrium -- 7. Flying Furniture: Choice and Change -- 8. Best Friends, Harshest Critics: Working with Other Women -- 9. Life Is a Limited Resource: Taking Care of Ourselves -- 10. Permission to Feel: Being Professional Does Not Mean Turning Off All Emotion -- 11. Boss, Mother, Friend, Role Model: Working with Students and Employees -- 12. Putting It Out There: Writing and Giving Talks -- 13. Nobody Taught Us This in School: Institutional Politics and Strategy -- 14. Anticipating Changes: Growing Older with Grace -- 15. Going Home: Interactions with Spouse, Partner, Mother, and Children -- 16. Pigs, Contracts, and Strokes: Group Process and History -- 17. Maintenance and Repair: Working to Keep Group Working -- 18. Another Change of Direction: Letting Go and Moving On -- Biographies

Sommario/riassunto

This book tells the story of a professional problem-solving group that for more than 25 years has empowered its members by providing practical and emotional support. The objective of "Group," as Ellen Daniell and six other members call their bimonthly gatherings, is cooperation in a competitive world. And the objective of Every Other Thursday is to encourage those who feel isolated or stressed in a work or academic setting to consider the benefits of such a group-a group in which everyone is on your side. Each of the high-achieving individuals in Group (including members of the National Academy of Sciences, a senior scientist at a prestigious research institute, and university professors and administrators) has found the support of the others to be an essential part of her own success. Daniell provides detailed examples of how members help one another navigate career setbacks or other difficulties. She shows that group support, discussion, and application of common experience bring to light practical solutions and broader perspectives. In an inspirational conclusion, the author offers advice and practical guidelines for those who would like to establish a group of their own.