

## Work/Life Balance

### Liz Garrett



Liz Garrett is an internationally certified coach, trainer, speaker and author. She specializes in whole-being well-being to help professionals beat burnout and enjoy a meaningful, sustainable, lucrative career.

Liz spent almost 20 years in science and engineering, in roles ranging from the bench to the field, before succumbing to full-bore burnout. Stress and fatigue compromised her health, marriage, financial standing and career. In a long climb back, she researched and established lifestyle practices that support mind, body and spirit. She is passionate about helping other high-performing professionals create sustainable success.

Liz's experience and education give her a unique perspective that delivers on two levels: practical and inspirational. She holds a BS Biology and MA Psychology. Additional credentials include: Certified Trainer, Certified Health and Wellness Coach, Organizational Resilience, ICF Associate Certified Coach, Emotional Intelligence, and others.

She is the author of two books: *The Opposite of Burnout: CRISIS EDITION 2020* and *Intentionology: 365 Days of Living on Purpose*. Both are available on Amazon.

Learn more or contact her at [www.TrueYouAdvantage.com](http://www.TrueYouAdvantage.com)

**Work/Life Balance**

**Sarah Golding**



Dr. Sarah Golding graduated with a Bachelor's Degree in Biological Sciences with Honors (2002), and a PhD in Molecular Radiobiology (2006) from the University of the West of England, Bristol, UK. Dr. Golding did her post-doctoral training in DNA repair and cancer biology under Dr. Kristoffer Valerie at the Massey Cancer Center at Virginia Commonwealth University (VCU), Richmond, VA. Dr. Golding joined the faculty of the VCU Department of Biology in 2011 where she acts as the Director of Undergraduate Research, the VCU IMSD undergraduate program director, and the Co-Director of the VCU Bridges to the Baccalaureate. Dr. Golding has taught over 5,000 undergraduates in the last 9 years and has successfully mentored students through the graduate application process to some of the nation's most elite graduate programs. Dr. Golding's students have also been successful with the Goldwater Scholarship, the NIH-UGSP, the NIH-IRTA, the Fulbright, and the NSF-GRF awards. Dr. Golding is also mother to a rambunctious 10-year-old boy.

## Networking/Personal Branding

### Susan Morris



Susan Morris is President of Susan Morris Coaching. Susan is an internationally certified professional coach and personal growth speaker. Susan has more than 30 years of experience in coaching individual contributors to senior executives to improve performance who manage and lead new and mature global product teams in the life sciences industry. Also, Susan escorts STEM academics up their career ladder.

Susan believes that STEM professionals are brilliant scientifically but may not have the same level of brilliance when managing and leading others. Identifying the gap between scientific expertise (IQ) and "people" expertise (EQ) is the arena for her coaching and presentations. Susan's most satisfying client work is supporting STEM women get a seat at the top of their organizations.

[susan@susanmorriscoaching.com](mailto:susan@susanmorriscoaching.com)

[www.susanmorriscoaching.com](http://www.susanmorriscoaching.com)

[Linkedin.com/in/susanmorriscoach/](https://www.linkedin.com/in/susanmorriscoach/)

215.880.1913

## Networking/Personal Branding

### Kathleen Spangler



Kathleen has worked in industry for 8 years in the Richmond area. After receiving her Bachelor's in Chemistry from the University of Virginia, she worked at various contract labs, including Arista, Fareva, and Eurofins Lancaster Labs. Kathleen started at Altria Client Services in 2015 as a Senior Associate Scientist in the Analytical Sciences Department. During which, she primarily worked on method development and validation for new product investigations. Her interest in data later led her to pursue a graduate degree in data analytics. Kathleen received her Master's in Decision Analytics from Virginia Commonwealth University's School of Business in 2017. Following that, she moved into a role as a stability coordinator and working with contract labs, she then spent a year in Regulatory Affairs working on FDA submissions. Kathleen is currently an Associate Manager in the Advanced Analytics Department for Altria Client Services.

Kathleen served as 2018 Chair of the Virginia Section of the American Chemical Society. She is actively involved in the local community, including volunteering with Partnership for the Future, Feed More, and Circle Center Adult Care Services. She is passionate about leading and coordinating projects— whether at work or home— including organizing the renovation of her home in the Museum District.

## Equality in the Workplace

**Kim Peerman**



Kim Peerman is a Quality Assurance Senior Associate at GSK Consumer Healthcare in the Richmond area.

Some of her roles include:

- ♣ Acting as a liaison for COQA contractors and International Market contacts to ensure regulatory requirements are being met per the market standards.
- ♣ Provide training to COQA team for SAP, Standard Operating Procedures and various enterprise systems.
- ♣ Review and approve Material Master Workflow entries in SAP.
- ♣ Process, manage and maintain Change Controls as a Coordinator for COQA Products shipped domestically and internationally.
- ♣ Responsible for the review of manufacturing and production batch records for cGMP and specification completeness, along with their dispositions in SAP and Labware systems.

She received her Bachelor of Arts (BA) in Psychology from George Mason University.



**Equality in the Workplace**

**Christina Haase**



Christina Muse Haase, TSC-CSP, SHRM-SCP, SPHR, MBA, has 20+ years of experience in human resources, recruitment, talent acquisition, people manager, and program leader. She has a wealth of expertise in STEM and the business fields such as pharma, process chemistry, manufacturing, R&D, and more. Her experiences ranges from sourcing, resume design, skills alignment, compensation, and technical & behavioral interviewing.