“How to become a scientist and a mother without sacrifices” – Soft skills necessary for work and personal life balance

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Abstract

Figures from several reports around the world raise the same conclusion: the scissor-like graphs splitting men and women careers in decision making positions are just a fact. Science is not an exception, and the reason behind is probably related to the challenge that represents to make motherhood compatible with a highly demanding work such as being a scientist. The stress to excel as mothers and as scientists is sometimes too much, and we as women in science need to make use of all the strategies that we can come up with. In this presentation, I will introduce some of the elements that, from my point of view, are essential to survive and, more important, to enjoy both experiences.

Biography

Dr. Elena Martínez holds a PhD in Physics by the University of Barcelona. After postdoctoral stages, she settled in the Institute for Bioengineering of Catalonia (IBEC) and recently become a Professor at the University of Barcelona. There she develops new systems that mimic 3D tissue microfeatures for biomimetic in vitro assays. She has published 105 papers (h-index: 34), and supervised 15 MSc and 9 PhD thesis. She is the PI of an ERC-Consolidator grant (COMIET) and coordinates the FET-OPEN project BRIGHTER.