

## FIRST for all Fellowship: Encouraging, educating, and empowering you!

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# Finding the courage to speak up



# Psychological Safety is the belief that you will not be punished or humiliated for speaking up.





#### No one wants to look:

#### It's easy to manage!



Ignorant



Don't ask questions



Incompetent



Don't admit weakness



Intrusive



Don't offer ideas



Negative



Don't critique the status quo



# I challenge you to have courage - do not hold yourself back when you have so much to offer!



Prepare your thoughts



Agree with good ideas



Ask questions



Believe in yourself







## Why? Because your voice matters!





# Why is engineering a great field?

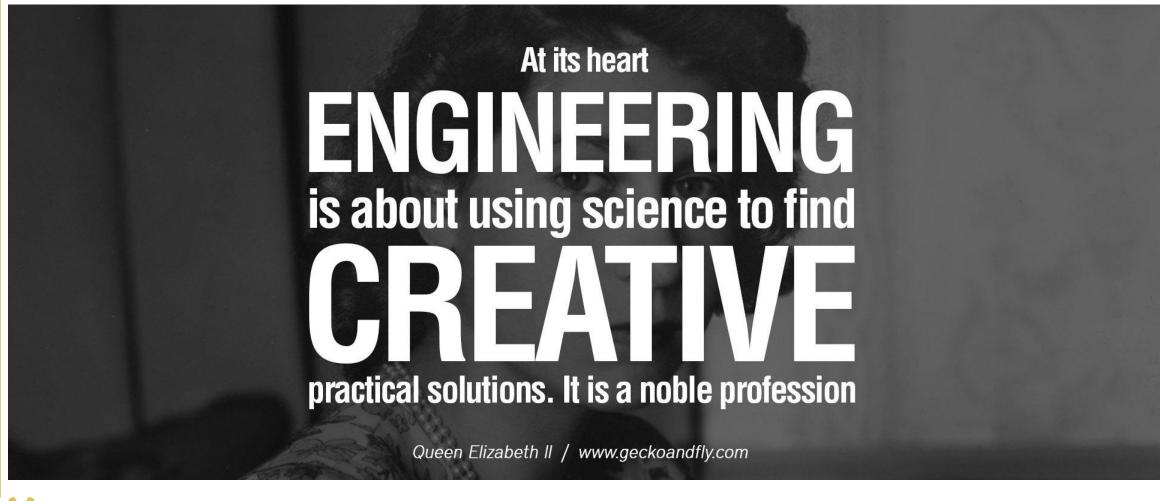


### Top 10 reasons to study engineering

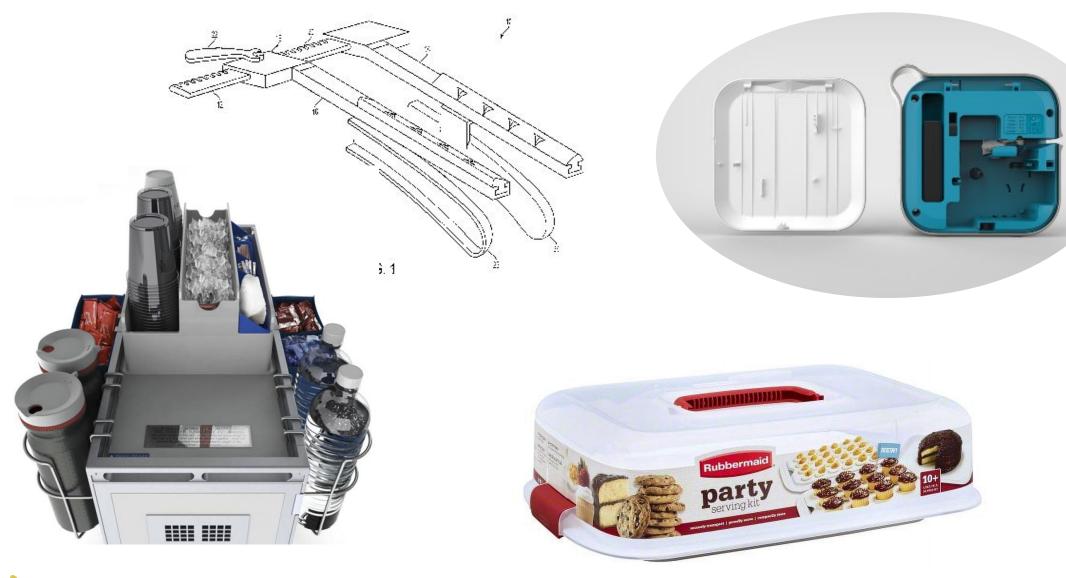
- 1. Financial Security/High Paid Salaries
- 2. Promising Career
- 3. Global/Diverse Career Opportunities
- 4. Opportunity to solve problems/improve the world
- 5. Think Creatively
- 6. Learning never ends Intellectual Development
- 7. Dealing with Challenges
- 8. Employable Constant demand
- 9. Prestige
- 10. Good platform to become a CEO



#### Because you can make a difference that will benefit society!





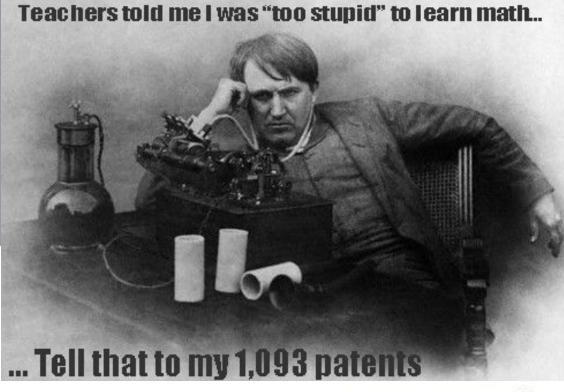




# Mythbusters: Engineering is all math



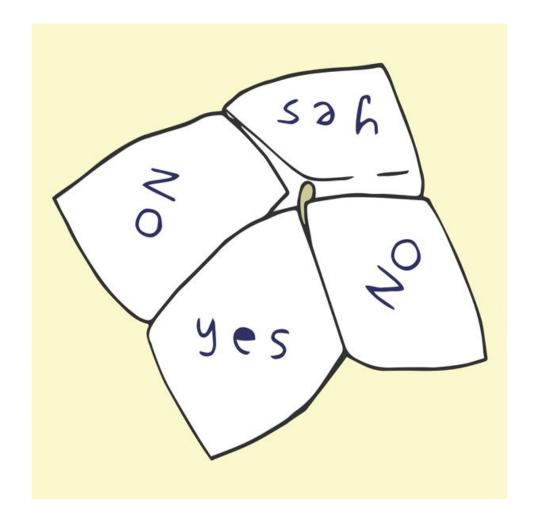
#### **Growth Mindset**







## **Engineering is all math**





#### Questions to discuss in your groups

Can you think of ways to create more psychological safety on your team?

What ideas do you have for ways you can advocate for yourself or make sure your voice is heard.

