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CICS Class of 2017 | Sr. Manager of Software Engineering, JPMorganChase



HOW I WANT TO USE OUR TIME TOGETHER...

01 WARM UP

Get us all thinking about what we want to gain from today's conference

02 STORY TIME

Share my story and why the theme resonates with me

03 REFLECT

What do Vision, Innovation, and Adaptability mean to you?



Instructions



What's something that has brought you joy recently?

My 2 year old's giggles

Family and close
relationships

My dog.

Morning swim

Family

The last season of
Somebody, Somewhere

Community

Hosting a dinner party

What's something that has brought you joy recently?

A friend brought me coffee today.

Sleep

Support from friends

My beautiful daughter.

My two cats!

Coffee with friends

my cats

Talking to my daughter

What's something that has brought you joy recently?

My wind down time with a good book

Volunteering with Eagle Creek Park

Baking a cake for my daughters 4th birthday

Making flower crowns and being silly with my gal pals at the Philly flower show

My 3-year old son.

My dog!

Time with friends and family

Making plans to go camping

What's something that has brought you joy recently?

My cat!!!

My Son saying I Love
You Mamma

Family!

A healthy family finally.

Catching up with friends

My family

My ride here

Granchild's birthday
shopping trip

What's something that has brought you joy recently?

Friends

My graduation is coming soon!!

Connecting with people, getting to know their journey.

My pet

The smiles on my friends and family's faces

Flexibility

Traveling to see family and friends

A good cup of tea

What's something that has brought you joy recently?

Family.

Sunday breakfast with
my family around the
kitchen table

Started a new job and a
manager booked time on
my calendar to get my
perceptive on something!

Fasting

Pizza!

It's Friday

New books

My nieces!

What's something that has brought you joy recently?

Catch up with friends

Jesus

Celebrating my
husband's birthday

Dog

Enjoying the weather!
(Last week ha)

All the Blessings that
come my way

Wwit

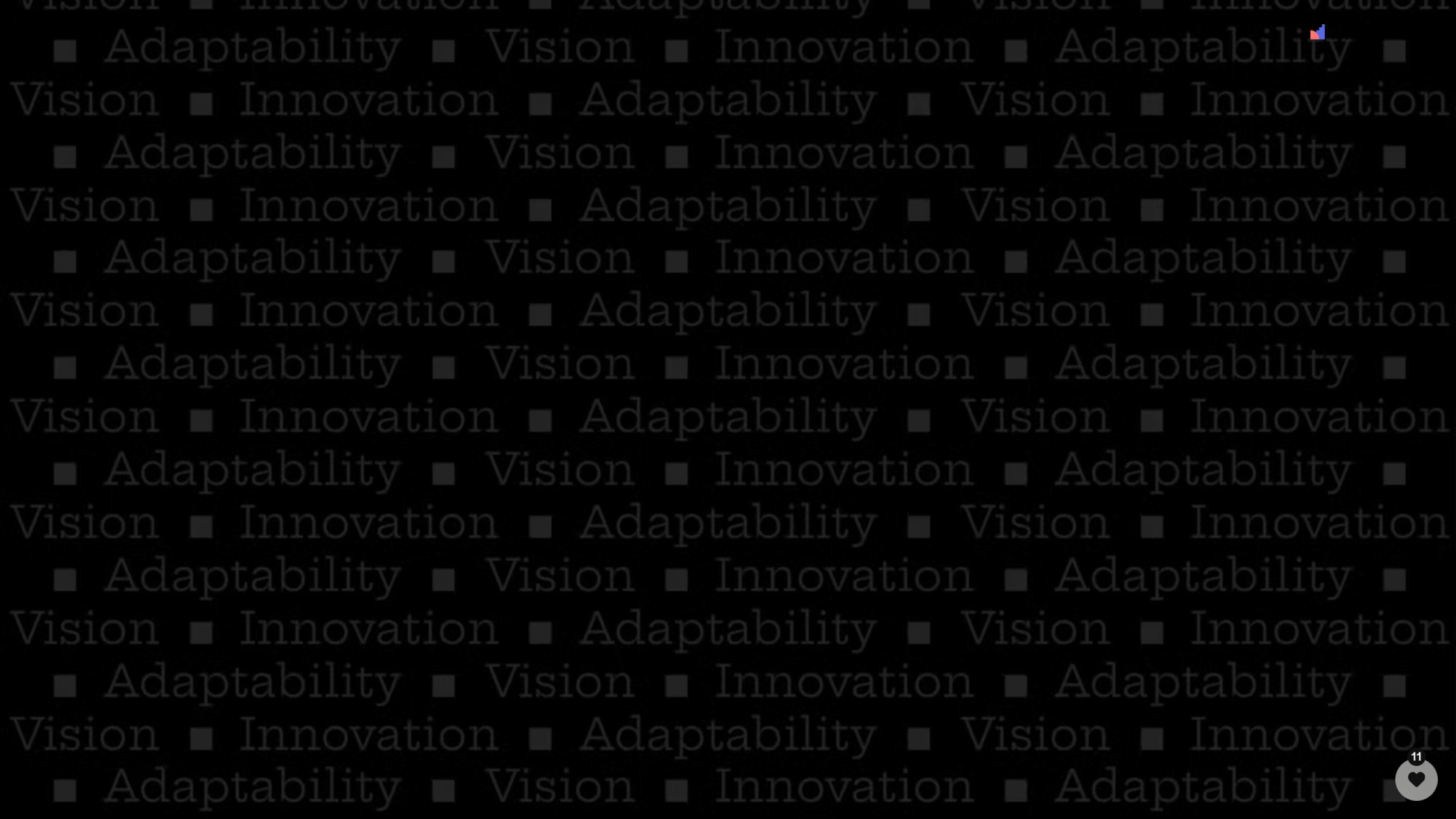
My breakthrough in AI
images last night

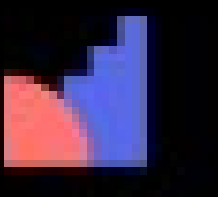
What's something that has brought you joy recently?

Sam!!!

My son and daughter in
law are pregnant

Being here





Vision, Innovation, and Adaptability

Vision

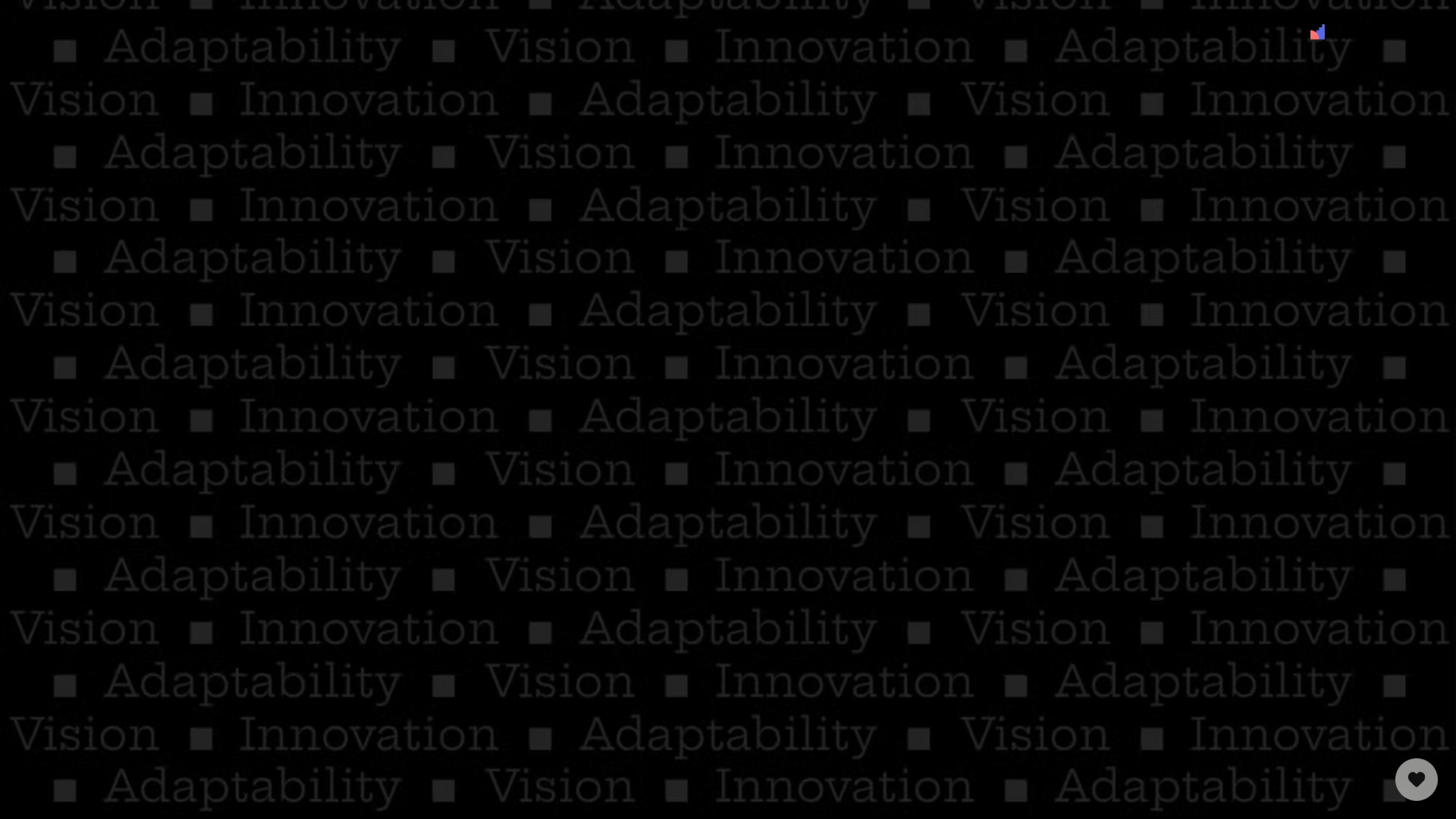
**“The only limit to the height of your achievements
is the reach of your dreams and
your willingness to work hard for them.”**

- Michelle Obama -



A personal vision statement is a concise, inspirational declaration of **your desired future**, encompassing both personal and professional **aspirations, values, and beliefs**, serving as a roadmap for your life's journey.

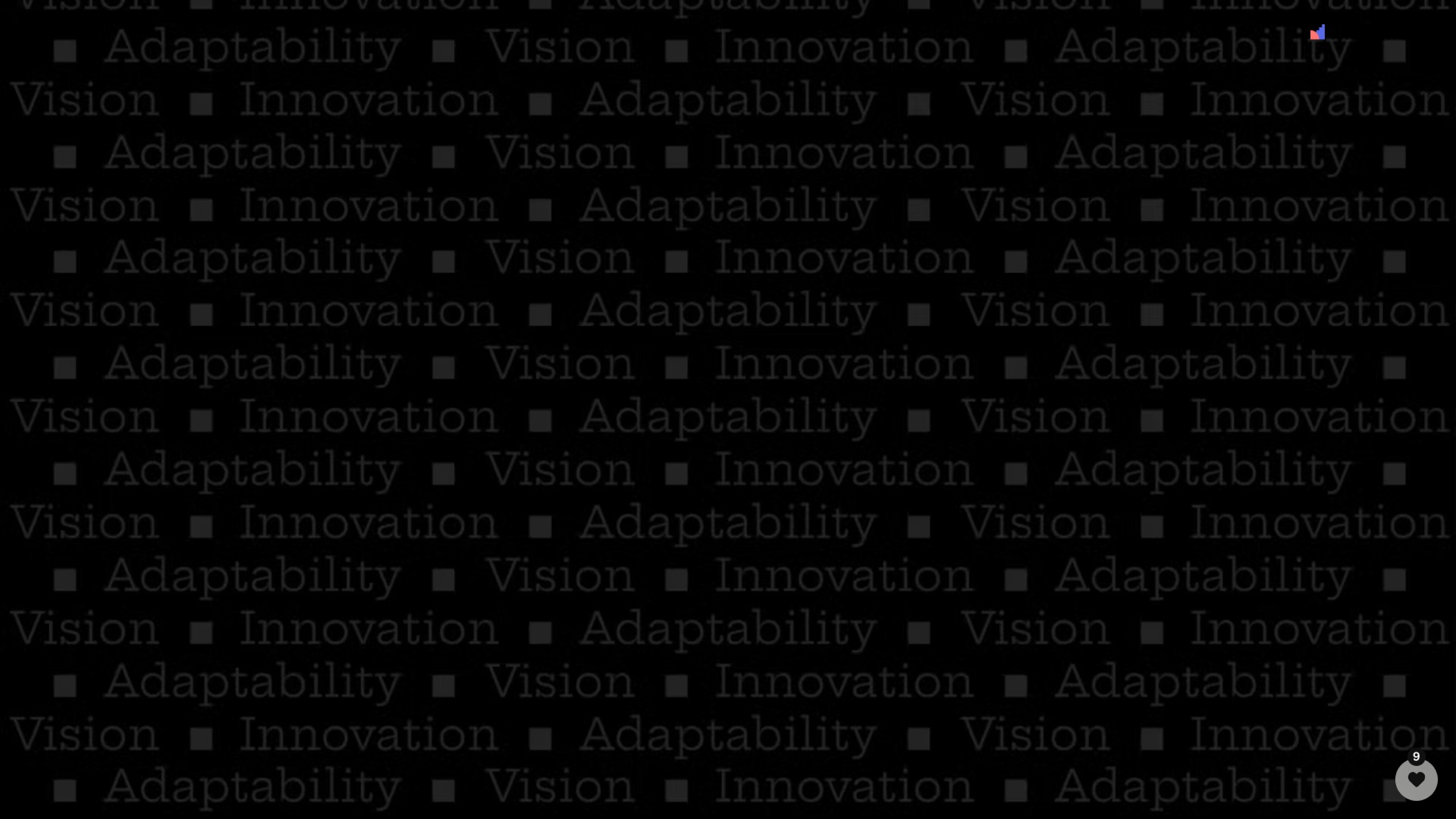
It's a tool to **help you identify what truly matters** to you and to guide your decisions and actions towards achieving your long-term goals.

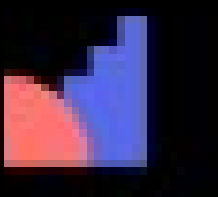


VISION - What words would I want others to use to describe me?

121 responses







Vision, Innovation, and Adaptability

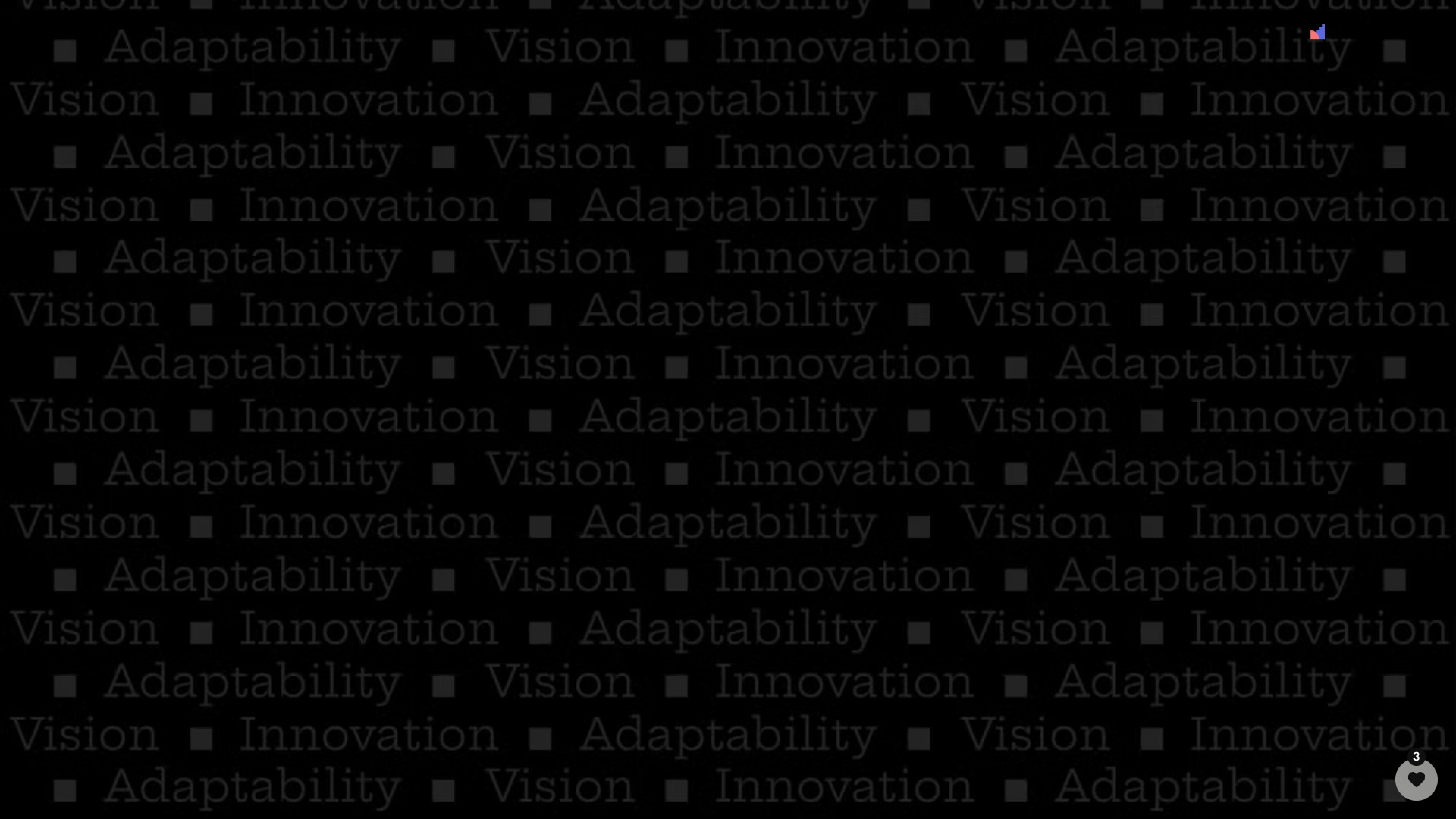
Innovation

“Success is not perfection, success is resilience”

- Leslie Kendrick -

Innovation is about **having the ability or inclination to create or introduce new and original ideas**, methods, or products.

It is about being willing to **challenge assumptions**, to ask questions that others might overlook, and to **let go of the ego** that sometimes keeps us tied to the way things have always been done.



INNOVATION - What fears or insecurities are limiting you?

Communication skills

Imposter syndrome

Imposter syndrome

Being left behind

Public speaking

Being taken seriously.
Imposter syndrome

Judgement

That I am unqualified

INNOVATION - What fears or insecurities are limiting you?

I don't have as much experience as others.

Not being good enough

Ageism

Imposter syndrome

Looking dumb

Industry knowledge

Imposter syndrome

The fear of failing.

INNOVATION - What fears or insecurities are limiting you?

That I won't be able to keep up... when I'm the one supposed to be teaching

Appearing stupid.

Being unappreciated

I don't know much

Failing

Starting trouble

Not smart or proficient enough

Admitting I don't have enough time or don't know how to tackle my biggest task

INNOVATION - What fears or insecurities are limiting you?

Diversified work
experience > industry
specific experience

Rejection

Exiting my comfort zone

Not knowing something
right away

Communication skill

Not understanding as
fast.

Am I asking a wrong
question?

Being irrelevant

INNOVATION - What fears or insecurities are limiting you?

Transphobia and
misogyny

Failure

Imposter syndrome

Imposter syndrome

The imposter syndrome.

Failure

Imposter syndrome, like I
don't know what I'm doing
and I don't belong

Too much to learn and
too little time

INNOVATION - What fears or insecurities are limiting you?

Don't know the latest

Communication

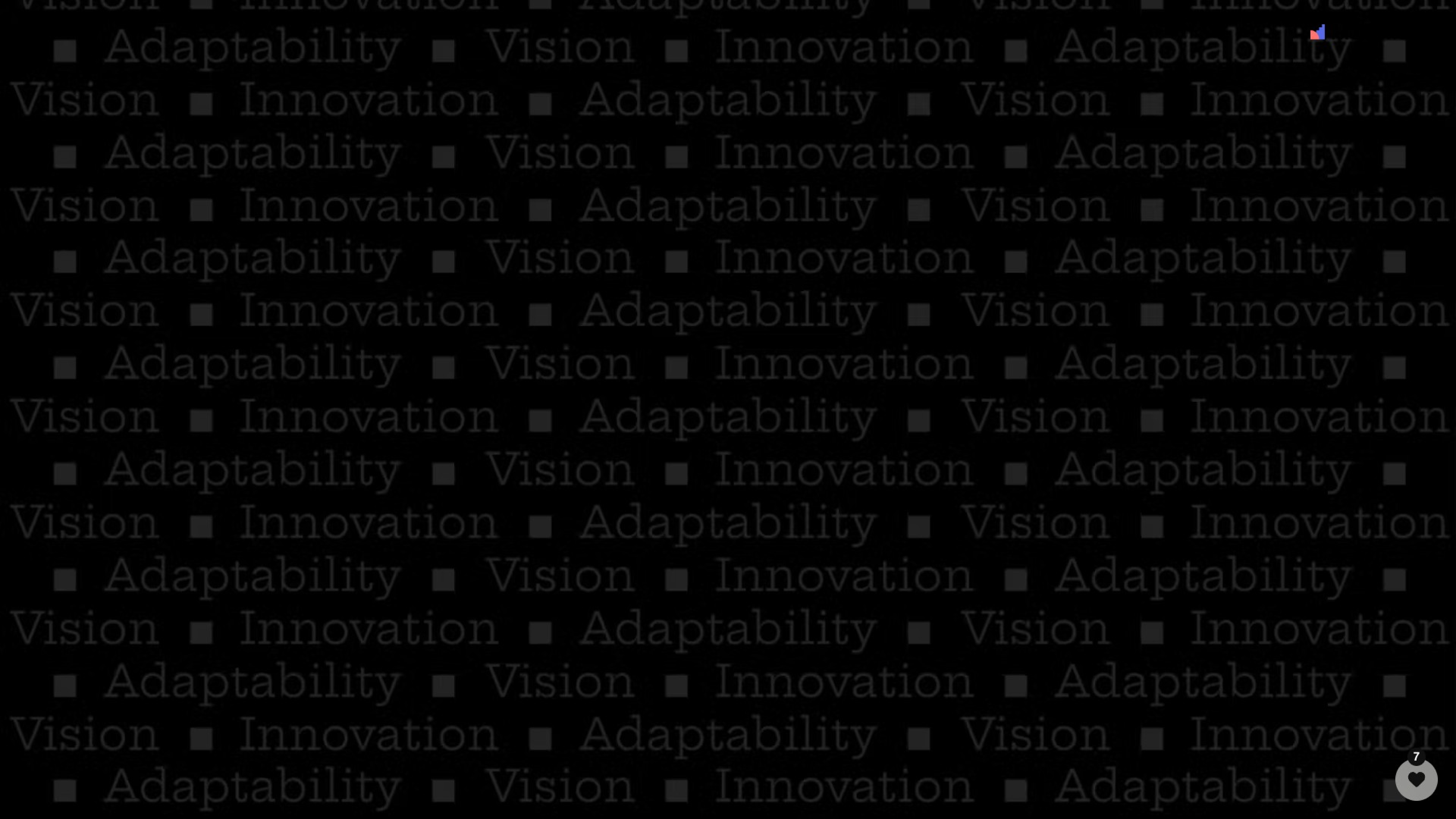
Will I be able to fulfill the
duties of my role

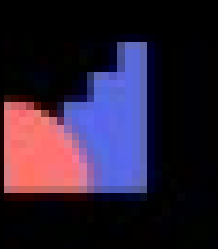
Forgetting who
supported you

I don't have that much
working experience in IT
field.

Talking with friends

Talking it through





Vision, Innovation, and Adaptability

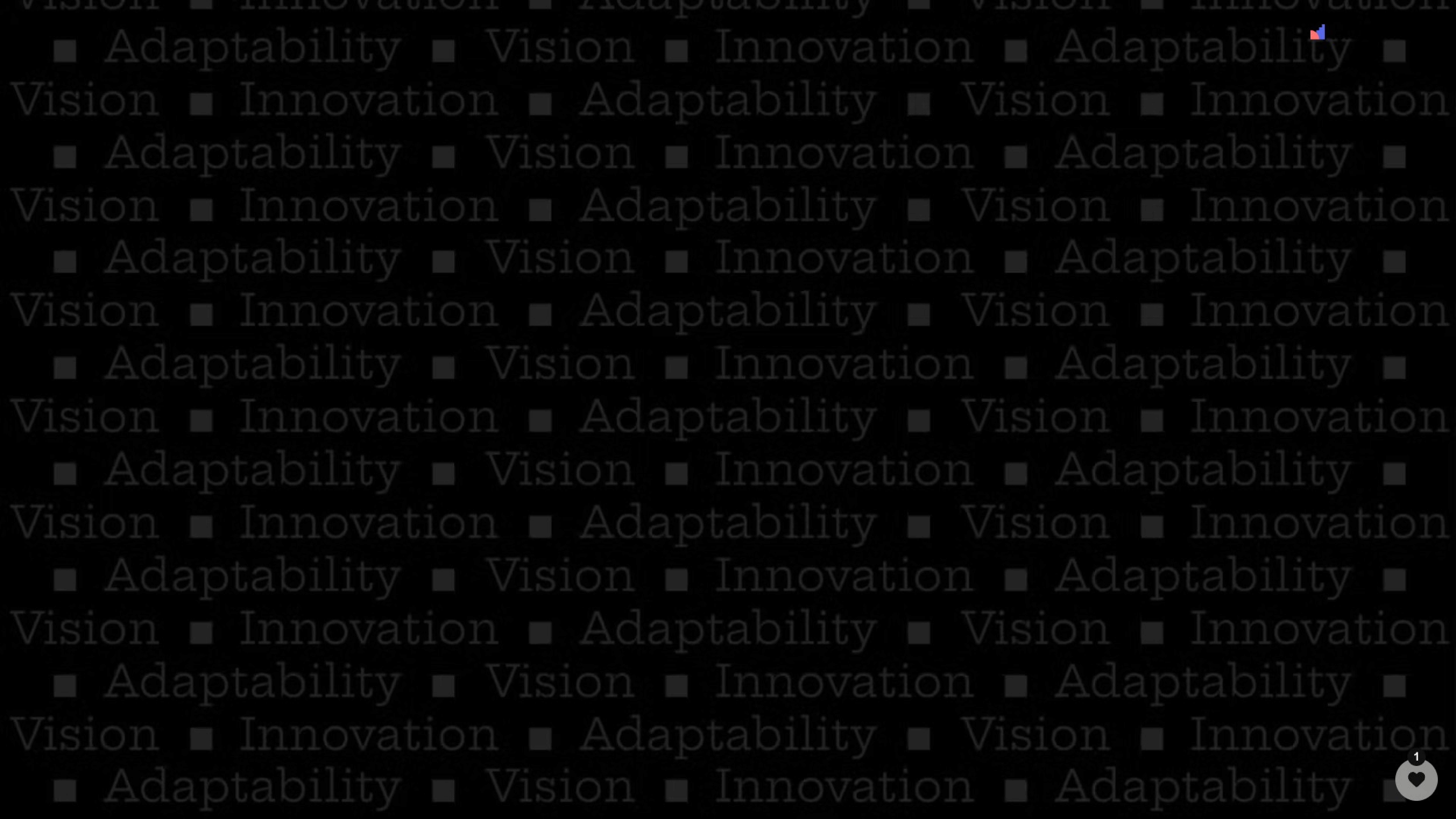
Adaptability

**“When a flower grows wild, it can always survive /
Wildflowers don't care where they grow”**

- “Wildflowers” by Dolly Parton -

Adaptability is the ability **to respond effectively and efficiently to changing circumstances, challenges, and demands**, requiring flexibility, a willingness to learn, and the capacity to adjust strategies and approaches.

Change is a natural part of life; therefore, adaptability is a crucial skill. **When we accept that nothing stays the same forever**, it gives us room to look for new opportunities to grow personally and professionally.



ADAPTABILITY - What is something that has helped you during times of change?

Great colleagues!

Having a positive mind

Ask questions

Healthy leadership

Asking questions

Mediation

Mentor.

My faith

ADAPTABILITY - What is something that has helped you during times of change?

Talking to my mom

Shopping.

Routine

Having positive self talk

Positive mind

Beer

My husband

Staying calm

ADAPTABILITY - What is something that has helped you during times of change?

Stepping away to
cleanse my palette

MUSIC

Everything will be alright

Faith

Supportive friends

Eating!

Investing in myself

My faith

ADAPTABILITY - What is something that has helped you during times of change?

Looking at the positive things

looking at the potential positives

Coffee! My dogs! Music!

Prayer and meditation

Hearing other people's stories

Getting outside and clearing my head

One song on repeat

Getting clear and present about what's real in the situation and asking what I really want about it

ADAPTABILITY - What is something that has helped you during times of change?

Creating a plan

Asking questions and
creating a plan

Finding mantras to
remind myself of what I
can control

Talking to people who
have been through the
same things

Researching.. asking
questions and sleep
over it

Reflection

Exercise

Asking questions

ADAPTABILITY - What is something that has helped you during times of change?

Pausing to reflect of the REAL problem and a vision

Reflecting on my values

Staying centered in myself

Knowing life's a rollercoaster

Looking back on past experiences and the positives about the change

Persistence

Keeping some things I can control, like breakfast

talking with my family

