



STEM **CHANGEMAKERS** Role Model



Amy Allen
(USA)

Chief Financial Officer
Particle Measuring
Systems, Inc.
(part of Spectris plc)



Something cool...

I have four children - two boys and two girls (my girls are twins!).

In my spare time...

I love to ride my bicycle - I usually ride 40 miles every weekend.

My first job...

At 16, I worked after school and weekends at a local car dealership, handling reception and cashier duties (answering calls, directing customers to sales, service, or financing, reconciling daily books and maintaining customer records) - my first experience in accountability, organisation and customer service.

My current job...

As Chief Financial Officer of the world's largest particle counter manufacturer, I lead financial strategy and collaborate across R&D, operations and IT to drive innovation, efficiency and sustainable growth aligned with our mission.

STEM skills I use most

- Data-driven decision making
- Technology investment evaluation
- Manufacturing process improvement

My STEM Superpower



Linking people, ideas and data to drive progress. I bring diverse teams together, helping technical and financial minds speak the same language so we can innovate faster, smarter and with purpose.

My first interest in STEM



I've always loved learning and problem solving. Working alongside engineers and innovators sparked my passion for STEM, where curiosity, continuous learning and collaboration drive meaningful progress every day.

My challenges in STEM

I earned credibility in a male-dominated, technical environment by focusing on the financial impact of technology decisions, building confidence through preparation and results and ultimately turning my non-technical background into a strength that bridges innovation and financial strategy. I had to make my voice heard and prove my insights were equally important.

Strengths girls bring to STEM

As a woman in STEM leadership, I've seen how different perspectives spark better solutions. Women often approach challenges with balanced logic and intuition, offering fresh ways to solve complex problems. Our perspective adds depth to technical discussions and helps teams find innovative answers others might overlook.

How STEM solves challenges

I'm inspired by how carbon capture technology is reshaping industrial sustainability. It takes deep collaboration across chemistry, materials science and engineering to capture and repurpose CO₂ emissions. STEM makes this possible, showing that innovation can help industries grow responsibly while protecting the environment for future generations.

My female STEM inspiration

Name: Katherine Johnson
Role: NASA mathematician



She inspires me because her brilliance, determination and barrier-breaking work in STEM show how courage and diverse perspectives can create extraordinary impact. Her calculations helped launch America's first astronauts into space! There is a film about her called *Hidden Figures*.



My message to you all...



"STEM is built on curiosity, courage and persistence. So don't fear failure - embrace it! Failure means you're trying, learning and innovating. Find your circle of support - family, friends, mentors - who remind you to keep going when things get tough. Confidence isn't about never falling; it's about knowing you'll always rise, stronger and wiser, with your team behind you"



Role Model



Yasmin Ali (UK)

Trustee, Spectris Foundation and Team Lead, Battery Software Development, RWE



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Something cool...

I went to six different schools by the age of 11! I was born in Iraq and my family moved around quite a lot before we settled in the UK.

In my spare time...

I like to exercise, read books, watch live music and comedy! I love to write and talk about engineering and I have written a book called *Power Up*, all about our energy systems!

My first job...

My first engineering job was a 3-month summer placement at a gas-fired power station. I was blown away by the size of the equipment and realised that the energy I use at home comes from places like this. It seemed like an important industry I wanted to be part of.

My current job...

I lead a group of software and controls engineers, designing software that will control very large batteries. The software will make sure the batteries receive and react to the instructions they get, for example to charge or discharge, ultimately to help our overall electricity system work well.

STEM skills I use most

- Problem solving
- Communication
- Project management

My STEM Superpower



I wish I could perfectly communicate STEM concepts and ideas in an understandable way to everyone. This would be a real superpower and it would make it easier to convince people to get on board with an idea if they understand it!

My first interest in STEM



I always studied science and maths in school; I was a little bit interested in it back then. I think I became completely dedicated to it when I started working, this is really when the importance and excitement of STEM became clear for me.

My challenges in STEM

I often felt like I wasn't good enough or didn't understand the technical details. It took a long time to get over this. Gaining my degree and charterhip with the Institution of Chemical Engineers was like getting a stamp of approval from other engineers. I learned to play to my strengths and not expect myself to be good at absolutely everything. I also realised that others around me had the same insecurities!

Strengths girls bring to STEM

STEM is about seeking knowledge and creating solutions for society's problems, so everyone in society should participate to get the best solutions! Women and girls can bring their own perspectives, experiences and ways of thinking into the STEM space.

How STEM solves challenges

Our global, interconnected energy system is incredible! We have gone from living in the cold and dark, to having light and heat on demand. We learnt to take fossil fuels from the ground and transform them into usable energy. Knowing now about the impacts of fossil fuels on the environment, we're transitioning energy systems to renewables - it's exciting to work in the energy sector!

My female STEM inspiration

Name: Fiona Macleod
Role: University Professor



I am a huge fan of chemical engineer, Fiona Macleod. She worked in the chemicals sector for 40 years and is now a university Professor. She seems completely fearless to me! Her technical knowledge is deep and she communicates it with passion. She's also the author of a series of crime-fiction books (under the name Fiona Erskine)!



My message to you all...



I would recommend sticking with it and try out different things. STEM is such a wide and valuable collection of subjects - you can make a real difference to how we treat diseases, how we power our world sustainably, how we grow food for everyone, or how we explore our universe! I am convinced there is something you will fall in love with if you stay curious and open minded.



Role Model



Corinne Mulligan
(USA)

Information Security
Officer,
Hottinger Brüel & Kjær
(part of Spectris plc)



Something cool...

I have a talent for lifting the mood and easing tension. Even in stressful moments, I can make people laugh or feel at ease, turning challenges into a more positive, productive vibe.

In my spare time...

When I am not entertaining my children, I clean! Nothing makes me happier than living in a clean organised house.

My first job...

My first job ever was a cashier at a clothing store when I was 15 years old. My first job in technology was when I was around 22 years old working at Cablevision (an American cable television and internet service provider) doing technical support for network connectivity issues.

My current job...

I oversee a broad range of responsibilities, including collaborating with different teams to integrate security measures into business processes. I also manage key security tools such as antivirus solutions and develop educational materials to promote security awareness across the organisation.

STEM skills I use most

- Analysis
- Problem solving
- Critical thinking

My STEM Superpower



Inspiring people to rethink old habits and adopt safer, more secure ways of doing things. I have a knack for showing others the value of better practices, helping teams embrace change and build stronger, more resilient solutions.

My first interest in STEM



I was always drawn to fixing broken appliances and figuring out how things worked. In high school, I discovered programming and loved it. This passion led me to pursue a college degree in Information Decision Technology Management.

My challenges in STEM

Overcoming my own insecurities. My college major focused more on management than on hands-on experience, which made it difficult to feel confident applying my skills in real-world settings. To overcome this, I secured my first IT role thanks to my honesty, strong work ethic, and eagerness to learn. I received hands-on training that provided me with the practical skills I needed to succeed.

Strengths girls bring to STEM

Girls and women bring strengths to STEM, like empathy, teamwork and the ability to understand different perspectives. Their emotional intelligence helps create more inclusive collaboration and sparks creative solutions. On top of that, their attention to detail, persistence, and creativity make a big difference in problem solving, research, and design.

How STEM solves challenges

My favourite example of how STEM has helped to solve a global challenge is 3D-printed prosthetics (artificial devices that replace missing body parts, which may be lost due to injury, disease, or a congenital condition) Engineers are designing affordable prosthetic limbs that can be customised quickly for people around the world.

My female STEM inspiration

Name: Grace Hopper
Role: Programmer



She helped develop COBOL, a programming language that made computers more accessible. She was also a US Navy Rear Admiral. She loved mentoring and inspiring others, encouraging people to think creatively. Fun fact: she created the term "debugging" when she discovered a moth in a computer!



My message to you all...



My advice to girls and young women starting out in STEM is to believe in yourself and trust your abilities. Don't be afraid to ask questions, take risks, or make mistakes, because that's how you learn and grow. At the same time, always be true to yourself. Surround yourself with supportive mentors and peers, stay curious and remember that your voice and ideas matter.



Role Model



Something cool...

I majored in International Business and worked for a company owned by a Prince from Saudi Arabia. I was able to travel throughout the Middle East early in my career and learn a lot about their culture and business.

In my spare time...

Cycle on my road bike, hike, and walk my dog, Baily, at the beach.

My first job...

My first ever job in high school was delivering newspapers in my neighbourhood. My first job out of college was working for a distribution company responsible for marketing perfume in the Middle East.

My current job...

I manage network infrastructure, ensure cyber security and oversee enterprise applications, as well as directing the company's overall digital strategy. I am leading a business transformation initiative involving implementation of systems and developing robust master data management practices.

Karen Kresonja (USA)

Vice President,
Information Technology,
Particle Measuring
Systems, Inc.
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STEM skills I use most

- Project management
- Problem solving
- Strategic planning

My STEM Superpower



As a champion of collaboration, I excel at uniting diverse teams, fostering inclusive environments and driving success through teamwork.

My first interest in STEM



About seven years ago at a Chief Information Officer event, I noticed there were minimal women in attendance, which made me realise there's still much work to attract women to technology. The Spectris Foundation has since enabled me to become more involved.

My challenges in STEM

Throughout my IT career, I was often told I wasn't technical enough to lead the technical teams. Historically, IT teams were male-dominated and women technology leaders faced frequent dismissal. I committed to continuous professional development and remained focused on delivering successful outcomes.

Strengths girls bring to STEM

Girls and women contribute diverse perspectives, strong collaboration and empathy to STEM fields. Their resilience, creativity and attention to detail drive innovation and problem solving.

How STEM solves challenges

Advances in computer science have improved global connectivity and reduced social and economic barriers. These technologies give remote communities access to education, healthcare and financial services. Seeing young women in remote areas participating in STEM programmes highlights how technology creates opportunities and strengthens resilience.

My female STEM inspiration

Name: Safra Catz
Role: CEO of Oracle



Safra has helped shape one of the world's leading technology companies through her vision, strategic thinking, and deep understanding of how technology drives business success. She advanced from investment banking to heading a global software company, demonstrating strong leadership in both tech and finance.



My message to you all...



Be confident in your capabilities, find your passion and be sure to market yourself any chance you get. To find your passion, you must try different things. Figure out what you love. Once you find your passion, become an expert in your field. When you know everything about your domain, try something new. The opportunities are endless and staying curious is key.



Role Model



Lagna Dutta (Denmark)

Head of Design & Innovation,
Hottinger Brüel & Kjær
(part of Spectris plc)



Something cool...

I've always been passionate about blending psychology with technology at the core of everything I do. I'm equally fascinated by data and engineering as I am by human behaviour and storytelling.

In my spare time...

I love spending time with my child and exploring the world through travel. I also find great joy in mentoring young professionals and helping them grow in their careers.

My first job...

My very first job was during my graduation, when I joined a small company as a game designer. I still remember receiving my first salary as cash in an envelope, but it felt like a huge milestone and a symbol of independence.

My current job...

I lead digital transformations through design strategy, software implementation, product modernisations, and customer experience initiatives. I drive collaboration and systems thinking across product, design, and engineering to create impactful, user-centred solutions.

STEM skills I use most

- Systems thinking
- Decision making
- Design thinking

My STEM Superpower



Designing intelligent systems that understand people and solve real problems. I invest time in creating trust and psychological safety because true innovation happens only when people feel empowered, supported, and confident to share their ideas freely.

My first interest in STEM



During my early education, I became fascinated by how technology and psychology intersect to solve real-world problems. From early in my career, I always focused on one core principle - making customers genuinely happy.

My challenges in STEM

We often focus so deeply on critical thinking and technical complexity that often, the customer's perspective is overlooked. The best way to overcome it is by embracing diversity within teams and valuing different roles. When people with different skills and perspectives work together, they create products that are technically strong which can serve humans.

Strengths girls bring to STEM

Women are born with leadership and empathy in their nature. They bring empathy, creativity, and holistic thinking, combining analytical and emotional intelligence to create human-centred innovations. STEM thrives when women's power is in full force.

How STEM solves challenges

AI-driven diagnostics and predictive modelling now enable early disease detection, personalised treatments, and faster pandemic response. What's even more fascinating to me is how STEM is evolving beyond hard technical skills. We're entering an era where AI, systems engineering, and human psychology intersect - where success emphasises not just coding or data but designing systems that understand human behaviour.

My female STEM inspiration

Name: Indra Nooyi
Role: former CEO of PepsiCo



Her visionary leadership transformed PepsiCo through innovation and sustainability, proving that empathy and strategy are equally powerful. She showed the world that women can redefine leadership - not by imitating others, but by staying true to their values and empowering others along the way.



My message to you all...



Continue developing your soft skills and lead with empathy. While technical tools may evolve or become automated, your empathy, collaboration, resilience and passion for creating meaningful user experiences will remain your greatest strengths. These are the qualities that will define the next generation of STEM leaders - and you are one of them!



Role Model



Rosmi Rehman (India)

Head of Engineering
Delivery,
Hottinger Brüel & Kjær
(part of Spectris plc)



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Something cool...

I'm a mother of two, a four-year-old question machine and a baby who believes sleep is optional. Balancing motherhood and a STEM career is chaotic and humbling. Some days I debug systems, some days bedtime routines – and sometimes, I fail at both.

In my spare time...

Read Books, do crafts, listen to music.

My first job...

My first job was as a Software Developer at Vimana, a startup with about 20 developers. I worked on full-stack development, learning JavaScript, Elasticsearch, Kafka and data pipelines. It was a fast-paced, collaborative environment where I built both technical skills and a love for problem solving.

My current job...

I lead two product teams of developers. I focus on enabling them to deliver effectively – guiding on technology, processes, and stakeholder management. I also support the team in resolving challenges and fostering a collaborative, growth-oriented engineering culture.

STEM skills I use most



Analytical thinking



Systems understanding



Decision making

My STEM Superpower



Problem solving with persistence. I approach every challenge like a puzzle – understanding the constraints, breaking it into smaller parts and solving each step methodically. My “never give up” attitude keeps me focused until the solution fits perfectly.

My first interest in STEM



In my school days, I was curious about how things worked, though not everything was easily understandable. Determined to understand, I pursued electronics engineering and discovered the joy of exploring how invisible systems power everything around us.

My challenges in STEM

I have worked in environments with very few women. Discussions were dominated by strong voices and it was easy to be overlooked. I learned that being heard isn't about being pushy but about presenting ideas with reasoning and clarity. When I became a lead, I made it a priority to foster an inclusive environment where every voice is valued.

Strengths girls bring to STEM

Women bring a holistic perspective to STEM – we see the bigger picture and can break complex problems into actionable steps. I've found that we value attention to detail and inclusive decision-making, focusing on teamwork over individual recognition, which leads to stronger and more innovative outcomes.

How STEM solves challenges

During the pandemic, digital platforms became lifelines. Behind this were powerful STEM systems: data engineering, algorithms, and scalable infrastructure enabling millions of interactions in real time. What stood out most to me was how human these technologies became – showing that innovation isn't just about code or devices but about helping people stay connected when it matters most.

My female STEM inspiration

Name: Shakuntala Devi

Role: The “Human Computer”



Many dismissed her brilliance as a novelty rather than intellect, yet she kept proving herself with confidence and precision. I relate to her journey of staying composed in spaces where women's voices are often questioned. Her story reminds me that persistence, preparation, and self-belief are the best responses to doubt.



Mathematician
Astrology
Author

My message to you all...



Stay curious and never give up. Ask questions - lots of them - because curiosity drives innovation. There will be moments of doubt but believe in your abilities and keep learning. Celebrate small wins, stand firm for what you believe in and remember, many women before you were told they couldn't and they proved otherwise. You will too.



Role Model



Sally Arang (Germany)

Technology Adoption
Manager,
Malvern Panalytical
(part of Spectris plc)



Something cool...

I once baked a huge wedding cake for friends that were getting married, probably one of my most stressful projects ever.

In my spare time...

Exploring the city! I moved to Berlin 2 years ago, but I still feel like there's so much to uncover, from museums to local markets, this city is ripe with interesting bits to check out.

My first job...

In high school I was a part-time waitress at a local restaurant in the suburbs of Vancouver, Canada. That job helped me hone my interpersonal skills and understand how to work in a fast-paced environment, but it was the occasional free ice creams that really sweetened the deal!

My current job...

I lead a team that enables our business to better leverage our productivity and collaboration tools. Our work varies from training users in the latest AI, to improving the onboarding experience and our IT communications. Every day is different and that's what keeps my work so challenging and interesting.

STEM skills I use most

- Communications
- Analysis
- Asking the right questions

My STEM Superpower



Growing up as the child of two immigrant parents in Canada naturally built up my translation skills. While I'm not translating between spoken languages at work, I am often translating complex technical concepts into easy-to-understand language for our business users.

My first interest in STEM



I was lucky to land a Technical Writer contract through my university. I gained a huge amount of office experience, but more importantly, it got my foot in the door to a career in IT which put me on a distinct path I otherwise wouldn't have known about.

My challenges in STEM

I faced discrimination and doubts about my abilities as a young working woman in STEM, especially given my less traditional technical background. Support and encouragement from experienced women in my workplaces helped me overcome this, and I now aim to offer the same encouragement to younger women interested in STEM.

Strengths girls bring to STEM

I think we inherently bring a different perspective given our lived experiences and socialisation. This can be critical in problem solving, strategising and communicating. We can spot things others can't, we can consider things from angles others have never experienced, and that unique perspective is gold in the workplace.

How STEM solves challenges

Libraries have long democratised access to improving literacy skills which are so critical to success in adulthood. They now offer so many resources to improve media literacy skills, which are of growing importance in our world today. These unsung heroes of our local communities continue to uphold their relevance in our world today as a beacon of supporting children and adults alike.

My female STEM inspiration

Name: Hedy Lamarr
Role: Actor and inventor



Her forward-thinking contributions, in a field that she didn't formally study, directly impacted the Wi-Fi, Bluetooth, GPS, and Cellular network technologies we use today. It underscores that having a non-traditionally technical background can sometimes actually help generate a creative solution to a technical problem.



My message to you all...



Don't be afraid to carve your own unconventional path in STEM. STEM is a broad, creative umbrella that includes communicators, educators and change-makers. Finding a way to draw your unique interests and your talents in STEM together is a challenging journey, but it is rewarded with a feeling of accomplishment unlike any other. Like you're the exact puzzle piece that was missing from the big picture to make it all click together.



Role Model



Sam Sharples (UK)

Global Head of Digital Transformation,
Servomex
(part of Spectris plc)



Something cool...

I once consulted with the FBI in Washington DC on an international criminal investigation, while 8 months pregnant.

In my spare time...

I work out, go dancing, and am mum to four children.

My first job...

I worked in a shoe shop as a 'Saturday Girl'. I helped people find the perfect shoe in the perfect size for them and remember spending hours trying to find the right pair in the vast stock room filled with identical shoe boxes!

My current job...

I help the business to take advantage of digital technology, from laptops to Business Systems and AI, so that we can work more effectively.

STEM skills I use most

- Computer science
- Mathematics

My STEM Superpower



The ability to talk about highly technical topics in plain-English.

My first interest in STEM



I studied at an all-girls state school where it wouldn't have occurred to me NOT to do Maths, Computer Science, Physics, and Chemistry. It fascinated me that I could type words into a computer and it would do what I told it to (in other words: programming).

My challenges in STEM

I'm lucky to have never encountered any kind of push back or barriers to my STEM career. In fact, in my previous career as a Digital Forensics Consultant, my gender helped me to stand out from the (mostly male) crowd and helped me to win more business - people remembered who I was.

Strengths girls bring to STEM

I don't like to differentiate or generalise about strengths based on gender. We are all individual people and I can't speak for all women, nor all men!

How STEM solves challenges

My favourite example of how STEM has helped to solve a global challenge is the response to COVID and how scientists and medics globally worked together to identify, test, and rollout a vaccine in such short time.

My female STEM inspiration

Name: Ada Lovelace
Role: Mathematician



It has to be Ada Lovelace, the first computer programmer. She wrote the first algorithm intended for a machine - the Analytical Engine. She envisioned computers going beyond mere calculation, laying the foundation for modern computing.



My message to you all...



Be confident.

Be you.

Work hard and never give up.



Role Model



Sulaja Sharma
(UK)

IT Service Delivery
Manager,
Spectris plc



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Something cool...

I didn't know how to swim until four years ago and now I am taking part in a Swimathon to support Marie Curie Cancer Research.

In my spare time...

I love to go swimming, go for long walks, and spend time with my family.

My first job...

My first job was distributing flyers to promote a local library and internet café. This experience taught me the value of clear communication and gave me the confidence to engage with people from all walks of life. It was inspiring to see how sharing information could bring a community together.

My current job...

My role involves not only overseeing the delivery and reliability of IT services but also empowering users to make the most of the technology available to them. I am passionate about bridging the gap between people and technology – translating complex IT solutions into practical tools.

STEM skills I use most

- Analytical thinking
- Data analysis
- Problem solving

My STEM Superpower



My STEM superpower is that I get excited quickly about the latest innovations and find ways of how this can help people and use this superpower to get everyone excited about what's next.

My first interest in STEM



My curiosity and enthusiasm for science and technology began in childhood and guided my academic and career path towards computer science.

My challenges in STEM

One of my biggest challenges was keeping pace with the rapid evolution of technology. New tools and systems emerged faster than they could be taught, which sometimes felt overwhelming. I overcame this by developing a habit of continuous self-learning – attending workshops, earning certifications and collaborating with peers to share knowledge.

Strengths girls bring to STEM

We often look at challenges with empathy and fresh ideas that lead to solutions that include more individuals who are from different background and make a bigger impact. Communication, multitasking, and collaboration are all part of what makes STEM so exciting – and these are skills many of us already use every day.

How STEM solves challenges

The rapid development of COVID-19 vaccines. By combining biology, data analysis, and advanced technology, scientists created and distributed vaccines worldwide in record time. This achievement shows how STEM drives innovation, saves lives, and addresses urgent global problems.

My female STEM inspiration

Name: Marie Curie
Role: Physicist and chemist



She completely changed the game. Her work on radioactivity didn't just earn her two Nobel Prizes, but it also led to life-changing cancer treatment. The use of radium in radiotherapy started because of her discoveries, and that's helped save countless lives.



My message to you all...



Believe in your curiosity and resilience. STEM fields can be challenging, but every obstacle is an opportunity to learn and grow. Seek mentors, ask questions fearlessly, and embrace continuous learning. Don't be afraid to take risks, innovate, or speak up with your ideas. Remember, your perspective matters and can drive meaningful change.



STEM Role Model



Something cool...

For my master's in remote sensing, I used satellite imagery to track illegal logging in the Amazon. I spent several weeks doing data collection deep in the Brazilian rainforest, sleeping in a hammock.

In my spare time...

I love to travel, hike with my dog, and swim. I also have a small vegetable garden that I'm constantly experimenting with - it's a fun way to unwind and stay connected to nature.

Susan Parks

(USA)

NIR Manager,
SciAps
(part of Spectris plc)



My first job...

My first job was as a summer intern working as a wildlife biologist in Ontario, collecting eggs from swan and tree swallow nests to test for pesticides. After being chased by angry swans more than once, I decided forestry might be a safer career path - it turns out swans take parenting very seriously!

My current job...

I lead a team at SciAps focused on NIR (near-infrared) instruments and Smart Return digital solutions, making sure our technology delivers real impact for customers in the field.

STEM skills I use most

- Systems thinking
- Data analysis
- Problem solving

My STEM Superpower



Connecting science with strategy. I take complex data and turn it into clear insights that guide innovation. Whether it's helping a team launch a new instrument or solving a customer challenge, I make science practical and impactful.

My first interest in STEM



In high school, a trio of passionate teachers made science feel like magic. Their energy and curiosity were contagious - I found myself wanting to understand everything from ecosystems to equations, and how science could solve real-world problems.

My challenges in STEM

I've faced bias, isolation, and moments of self-doubt - especially in male-dominated spaces. What helped? Mentors who believed in me, allies who listened, and a growing confidence built through experience. I've learned that your voice matters and your perspective can spark innovation.

Strengths girls bring to STEM

Girls and women bring fresh perspectives, empathy, and a collaborative spirit to STEM. We often approach problems holistically, communicate clearly, and lead with both logic and heart. These strengths make STEM more inclusive, innovative, and impactful.

How STEM solves challenges

One of my favourite examples is how STEM is revolutionising agriculture to combat climate change. From satellite imaging to AI-powered crop monitoring, these innovations help farmers use resources wisely and sustainably. I've seen first-hand how remote sensing and smart tech empower communities, protect ecosystems, and build resilience in the face of global challenges.

My female STEM inspiration

Name: Dr. Jane Goodall
Role: Primatologist and anthropologist

She started her work in Tanzania without formal training and changed how we understand animals - and ourselves. Her research on chimpanzees was groundbreaking, but what really inspires me is her compassion and lifelong commitment to conservation. She proves that science and empathy can go hand in hand.



My message to you all...



Trust your curiosity - it's powerful. STEM needs your ideas, your voice, and your courage. You'll face challenges, but don't let doubt hold you back. Keep asking questions, keep learning, and surround yourself with people who lift you up. You belong in STEM, and your perspective can change the world.