



# Coryne Forest

Helping STEM Women Rock Their Lives!



## Speaking Topics

### About Coryne

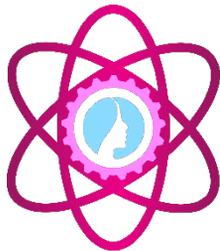
Coryne Forest is the Deputy Director for Organization Development for an Army R&D Center and the owner of Forest Leadership Solutions. She is a writer, speaker, workshop facilitator and coach for women with STEM careers.

### WITH OVER 30 YEARS OF TECH & LEADERSHIP EXPERIENCE

Her vision is to change the technical landscape so that there are more women in senior leadership positions that are *rockin'* it in all aspects of their life.

### Women in STEM Careers

This presentation looks at *why* there are so few women in tech careers, the climate STEM women experience, and what women, men, & business can do to change all that.



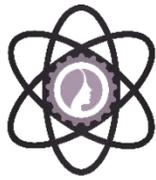
**STEMINISTA  
REVOLUTION**

A STEMInista is a woman with a STEM career devoted to rockin' it in all facets of her life - career, mother, partner, & self-care. In this signature workshop, Coryne guides participants through a journey of self-discovery that leads to them leaving with a goal strategy that inspires hope rather than a list of "shoulds" that leaves them exhausted.

### Having It All: Myth or Possible?

This thought-provoking talk looks at the challenges posed in striking a healthy balance between professional and personal lives. Women want to be involved and available to their children while also achieving success and fulfillment through their work. Women often find it difficult to reconcile the expectations of motherhood with career-related pressures.

There's More! →



## What people are saying

"Coryne is a gifted speaker who takes a topic and dives in and leads us all into that deep dive. She is a skilled facilitator who enhances our critical thinking and brings humility and humor as part of the package. She did an excellent job with our WID event and I highly recommend her for your next event" Carrie Mead, President of Women in Defense Michigan

"Coryne is great! Kept everyone's attention, interesting, friendly!" Jessica M, Leading at the Speed of Trust workshop

"Cares about her work and that is inspiring. That level of commitment into her work inspires others to follow suit"

Chad L, Leadership and Organizational Effectiveness workshop

"Very engaging and makes everyone feel included. Creates an environment that is very open and the way she asks the perfect question to provoke my thinking is astounding!" Tex L, Leadership and Organizational Effectiveness workshop

"[Coryne] maintained the flow of things and kept the audience interested. Very knowledgeable and prepared to do her best" Charnita B, Leading at the Speed of Trust Workshop

SPEAKING ON TECH &  
LEADERSHIP FOR

**30+**  
YEARS

## Contact Me!

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

### SOME OF MY AUDIENCES

Women in Defense  
Society of Women Engineers  
Kettering University  
US Army  
Society of Automotive Engineers  
Software Technology Conference  
Rapid Prototyping & Mfg Conference