

# NANOG 82 Women in Tech Talking Points

Please use these points below as a method to start conversations.

## Ice Breakers

- What was the most interesting job you've ever held? Does not have to be networking related!
- What has been the best perk of COVID-19 for you? What is your silver lining to the changes brought on by the pandemic?

## NANOG specific

- What things can we do in between meetings to keep the WiT community more connected? Brainstorm with your group and let the Inclusion & Diversity subcommittee know!
- Would you be interested in:
  - Virtual happy hours?
  - WiT mailing list?
  - Other ideas?
- How can we all engage and reach out to new members in the Women in Tech community who have never been to NANOG before?
- What sort of cooperative efforts with other women's groups would you like to see NANOG try to engage in? For example we have been talking with the WTF (Women's Tech Forum) and are trying to host something collaborative in the future. What other groups should we reach out to?

## Community Submitted

- Future of formal greeting post-covid?
  - Not everyone will be comfortable with shaking hands when formally greeting a potential client or our peers. Does this mean we will be going back to the curtsy and hat tip? What would be a strong greeting replacement for the future?
- Dress code: Has the way we dressed changed since COVID? Has this changed the way we do business?
  - Outfits of 2020 consisted of sweatpants and informal shirts/hoodies. This became acceptable attire for "formal" online meetings. Will this dress code carry over to in person meetings or will it be frowned upon? Of course not suggesting that we attend meetings in sweatpants, but rather to relax the outfit expectation which is still decent but not as formal.
- How has working from home improved your personal life? Have you started a new hobby, spent more time with children or partner; or had more free time to focus on education and career growth?
- Has COVID influenced your 5 year plan entering the new decade?
- In a virtual world, how can we grow? What would make us stand out?
  - It's easy to build relationships when we are able to get together at the office or to meet new people at events. Online it is a bit challenging as we have to deal with

time zone differences, online fatigue, information overload, etc. How do we show our growth and value add on an online platform? Is it simply being more involved, doing frequent project updates with our teams, etc.

- Mental health: Are you taking care of yourself?
  - Working from home has provided us with the opportunity to travel less as we do not need to get to the office. Have you used this time to be active or take a break?
  - Touching on the previous question, do you feel pressured to be online earlier and log off late for your superior to see that you are working hard?
  - By speaking out about our mental state and struggles, does that influence the way we are perceived by our peers/clients?
  - Am I only successful if people think I am not struggling with mental/emotional issues?
- Online Safety
  - At times a contact may reach out and engage in discussion around work related things. It will then escalate to them asking for a Whatsapp number in order to take the conversation to a more “informal” platform looking to speak on social platforms. How do you deal with this? Ask them to send an email and schedule a team call? Some other approach?