

***CITIZENS FOR NUCLEAR TECHNOLOGY AWARENESS***

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**CNTA and SRS-WIN Partner to Share Work Life Balance Secrets with Young Professionals**

Citizens for Nuclear Technology Awareness (CNTA) Young Professionals recently partnered with the Savannah River Site Women in Nuclear (SRS-WIN) organization to host CNTA's monthly Tap into Nuclear event.

The panel featured speakers Elise Fox, Fellow Engineer for the Savannah River National Laboratory, Holly Watson, Savannah River Nuclear Solutions (SRNS) HB Line Operations Support Manager, and Barbara Smoak, Director, SRNS Business, Technical and Employee Communications.

The event began with networking and was attended by approximately 30 people.

The panelists offered perspectives from different points in their career and family lives and gave advice on how to best navigate work/life balance.

Fox, a mother of twins whose husband also works at SRNL, encouraged parents to take advantage of the benefit of being able to work part time.

"I have changed my hours as the kids have gotten older to be able to be there when they aren't in school," she said. "I make sure to work to my full capacity when I am at work, so I am able to get the work done but also able to be there for my kids, which is the most important thing to me."

Watson stressed the importance of open communication with both family members and your management.

"You are never going to maintain balance. You will constantly reassess and reallocate your attention based on level of urgency and importance. Have those crucial conversations with your family and your boss about where your limits are and evaluate if you are meeting the needs of both sides," Watson said.

When asked how to keep from being distracted by home at work, Smoak, a 30 + year employee at SRS and mother of five adult children, offered this advice.

"You have to be in the moment where you are," she said. "Set a landmark on the way to and from work. When you reach that landmark on the way home, stop thinking about work. When you reach it going into work, stop thinking about home. It doesn't always work but it lets you be conscience about turning certain things on and off."

“We really appreciate the panelists for taking time to talk to us,” said Hayley Williams, CNTA Young Professional and Coordinator of the event. “It’s great for our young professionals to get tips and tricks to help them be successful in their career and their personal lives.”

CNTA is an Aiken-based charitable educational organization dedicated to providing factual information about nuclear topics and educating the public on nuclear issues. For further information, call CNTA at 803-649-3456 or e-mail at [cnta@bellsouth.net](mailto:cnta@bellsouth.net).



*Caption: (From left) Panelists Elise Fox, Holly Watson and Barbara Smoak provide insight on how they manage a good work/life balance at a joint CNTA/SRS-WIN event.*