



Leading Yourself and Others

July 17 – 21, [American College of Greece](#), Ag. Paraskevi
Workshop by [Dr. Angeliki Rigos](#) for Women in STEMM

Through activities, discussions and stories, develop the competencies to better lead yourself and others. The course will cover the following topics:

Part 1 - Leading Yourself

1. Intro to Leadership and Self-Awareness
2. Personality, Relationships and YOUR Path
3. Communication Basics – Sending and Receiving, Consciously and Unconsciously
4. Leadership and Ethics
5. Leadership Styles, Vision and Decision Making
6. Inclusive Leadership and our Biases

Part 2 - Leading Others

7. Complexity of Teams – Part 1
8. Complexity of Teams – Part 2
9. Conflict – Positive and Negative Aspects
10. Influence, Power and Change
11. Negotiation – Dos and Don'ts
12. Coaching and Mentoring

Scholarships will be offered to graduate students, postdocs and early career women in STEMM.

Registration fee: \$300. Spaces are limited (up to 20). Apply [here](#) by May 15th.



Dr. Angeliki Diane Rigos is a scientist, educator, and consultant interested in working across disciplines to promote sustainable solutions to global problems. She is the Associate Director for Graduate Programs at MIT Energy Initiative (MITEI) where she runs the MITEI Energy Fellows Program. She also teaches a leadership course in the MIT LEAdership and Professional Skills and Strategies ([LEAPS](#))

Dr. Rigos began her career as a Principal Scientist at Physical Sciences Inc. where she worked on defense and energy contracts. She transitioned to an academic position as Associate Professor of Chemistry and Biochemistry at Merrimack College where she taught courses in chemistry, women in science and sustainable energy and science and energy policy. For twelve years, she also worked as an energy consultant at Levitan & Associates, Inc. with a focus on power price forecasting, LNG, fuel cells, and renewable technologies including onshore / offshore wind and solar photovoltaics. In 2017, she became the Executive Director of the MIT Tata Center for Technology and Design. In 2021, she founded the nonprofit [Epistimi, Inc](#) to expand the leadership training of women in STEMM globally.

Dr. Rigos holds a B.A. in Chemistry from Cornell University, a Ph.D. in Physical Chemistry from the Massachusetts Institute of Technology and an M.B.A. from Northeastern University.