



Work-Life Balance: Managing Careers and Personal Lives in Engineering Forum

By Ir. Ts. Zainon Sharmila Shamsuddin and Ir. Ts. Ainon Shakila Shamsuddin
Engineering Education Technical Division Committee Members



On 13th of September 2023, the Engineering Education Technical Division (E2TD) of The Institution of Engineers, Malaysia (IEM) was invited as speaker for a forum on Work Balance: Managing careers and Personal lives in Engineering. The forum is a collaboration between Engineering Education Technical Division and Woman Engineer Technical Division. The main objective of the forum is to foster the participation of undergraduate female engineers and provide them with the essential tools and insights to navigate the engineering field.

The three hours forum was organized by the "Empowered Women Engineers" club at Taylor's University, moderated by Dr Praveena Nair Sivasankaran. The panels invited for the forum are Ir. Ts. Zainon Sharmila Shamsuddin and Ir. Ts. Ainon Shakila Shamsuddin from Engineering Education Technical Division and Datin Sri Ir. Hajah Nor Asiah Othman and Ts. Nur Syafika Artika from Woman Engineer Technical Division. The forum starts at 5 pm which includes interactive panel discussions that allowed for a deeper exploration on work-life balance challenges faced by female engineers. The discussion explore on societal expectations, gender biases in the workplace, and the responsibilities of family care. Each panellist shared their experiences on this subject and provide solutions to navigate these challenges.

The forum end at 8 pm with a key takeaway note on the importance of setting boundaries and prioritising tasks and effective time management for work life balance.



Picture 1: Distinguished Panelist. From Left and Datin Sri Ir. Hajah Nor Asiah Othman, Ts. Nur Syafika Artika, Ir. Ts. Ainon Shakila Shamsuddin and Ir. Ts. Zainon Sharmila Shamsuddin.