

INVITATION TO  
A LEADERSHIP  
MASTERCLASS  
with

# SPACE SCIENTIST

Tara M Ruttley, PhD



- ▶ Mom
- ▶ Wife
- ▶ Space Scientist
- ▶ Neuroscientist
- ▶ Engineer
- ▶ Archaeologist
- ▶ Entrepreneur
- ▶ Inventor
- ▶ Aquanaut
- ▶ Astronaut Finalist
- ▶ Internationally-acclaimed Speaker
- ▶ Routine Explorer

As a kid growing up in southern Louisiana, Tara had always wanted to work for NASA. Today she is located in Washington DC where she is part of NASA's top leadership and has been instrumental in creating a strong scientific program on the International Space Station (ISS). In her current role as Associate Chief Scientist she supports NASA's chief scientist for lunar and Martian scientific planning by developing research recommendations to NASA Headquarters.

Combining her love for biology and human spaceflight, Tara pursued her Bachelor of Science degree in Biology and a Master of Science in Mechanical Engineering from Colorado State University. While working as a biomedical engineer at the Johnson Space Centre she concurrently pursued her PhD in Neuroscience. This has given her a deep understanding of how the brain literally changes for the better when we have new experiences making us better able to adapt to change, overcome fear and adversity, and invite new

opportunities in our personal and professional lives.

Dr. Ruttley has also recently completed a MA degree in Anthropology-Archaeology from the University of Houston; has authored numerous publications ranging from hardware design to neurological science, and also holds a U.S. utility patent.

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

*"I help people to better adapt to any situation by inspiring them to try new experiences beyond their routine. We can all be Routine Explorers."*

# EXPLORING BEYOND THE ROUTINE



Leaders can be so busy pushing themselves in their daily lives, that they often get swept away by this routine of showing up, giving it all, advancing, and doing it all again. While it may yield professional success (and sometimes it doesn't) there is something missing – the joy of exploration and discovery. Our brains are literally rewired for the better when we try new experiences. This makes it easier for us to adapt to change and build resiliency.

Big experiences, small experiences, memory making, revisiting old passions. This masterclass class touches on the fun science behind what the brain does with new experiences (hint: it changes, big time!). Find out how this can help us overcome barriers so that we can meet our full leadership potential. Plus, it helps us live more fully!

## KEY TAKEAWAYS

You will:

- Experience a little bit of fun science on how the brain literally changes during new experiences.

- Understand the neuroscience behind the four areas that benefit when we try new things:

- Overcome fear
- Inspire yourself
- Invite new opportunities
- Promote resourcefulness

- Find the balance in your life that comes through trying new experiences, big and small

- Learn how to address barriers to adaptability associated with daily routines

- Go on a unique journey with Tara as she shares her experiences and how they made her a better leader at NASA (and also mother and wife). Her stories range from experiencing microgravity to volunteering for archaeology expeditions and many things in-between. Hear examples of experiences around the world that are accessible to everyone.

## DON'T MISS THIS UNIQUE OPPORTUNITY!

**PLACES ARE LIMITED AND THIS EVENT WILL SELL OUT - SO REGISTER EARLY**

<b>Date &amp; Time:</b>	Friday, 20th March 2020, 1:00pm – 4:00pm
<b>Cost :</b>	Early Bird (Ends 31st December) \$220 incl. GST Full Registration \$330 incl. GST Includes Afternoon tea
<b>Location:</b>	Royal on the Park, 152 Alice St. Brisbane. Use this link to register and pay

<https://www.eventbrite.com.au/e/leadership-masterclass-with-nasas-associate-chief-scientist-tara-ruttley-registration-74637064469>

*Dr. Irena Yashin-Shaw*

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