



Andrea Maldonado



@andreamalhera

Pyladies Munich organizer

PhD student





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Pyladies Munich



@pyladiesmunich



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@anton_caceres

Pyladies Munich 🥨

- Active since July, 2019
- 113 Chapters
- Pyladies in DE: Munich, Berlin, Hamburg and Karlsruhe
- Meetups and Conferences



@pyladiesmunich



How to support 🍪

- Start your own chapter
- Be a (online/offline) speaker or sponsor
- (After corona) offer to host the event
- Encourage staff to coach at the events or participate



Pyladies Munich 🥨

- Welcome to beginners
- Attendee Policy
- Invite women to accompany you to tech events



About Our Meetups 🥨



Join our Meetups!

Meetup: <https://www.meetup.com/PyLadiesMunich/>



@laysaucha



@olya_k__



Pyladies Munich



@pyladiesmunich



Yo, ich, I



@anton_caceres

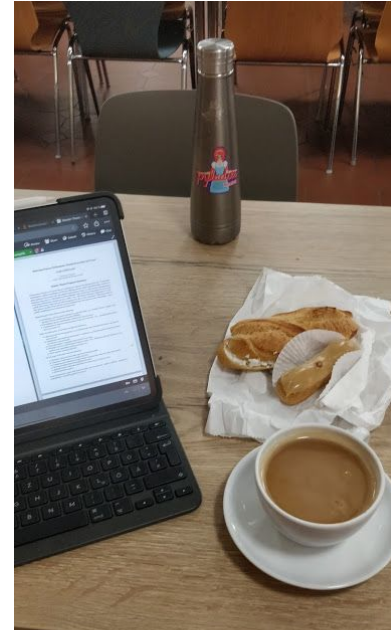
Love in Times of Corona

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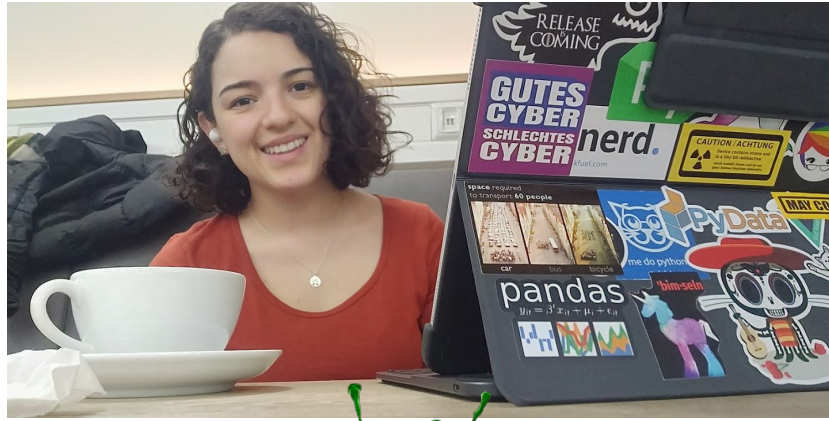
Master's Degree Completion in Times of Corona

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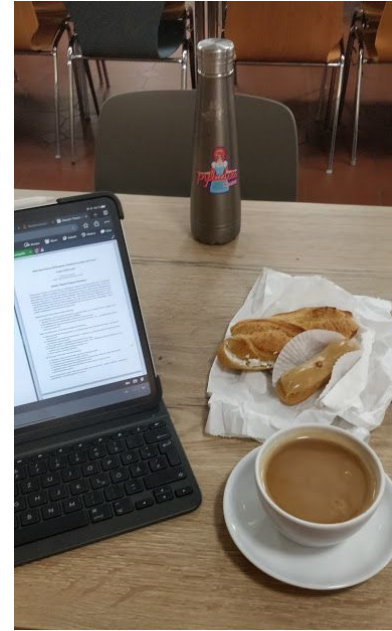
Pre Coronavirus Times



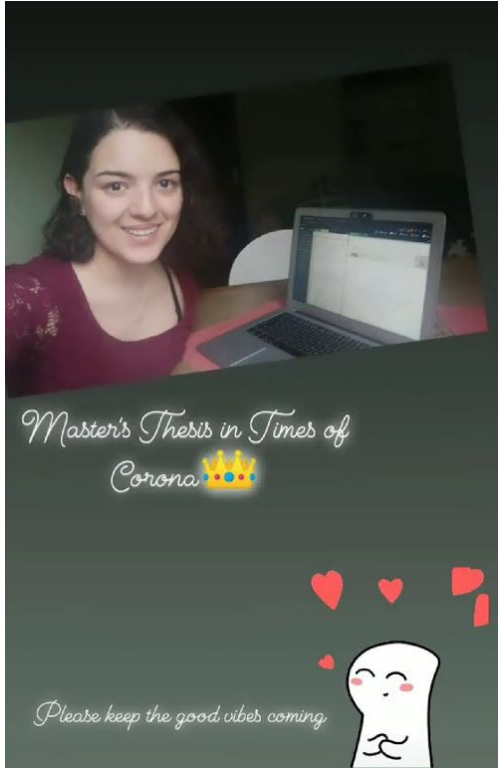
Coronavirus Times



Stay home!

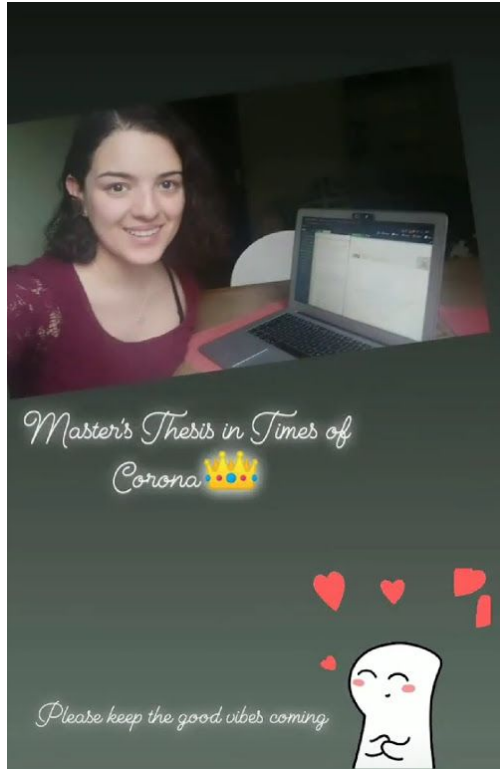


Expectation vs. Reality

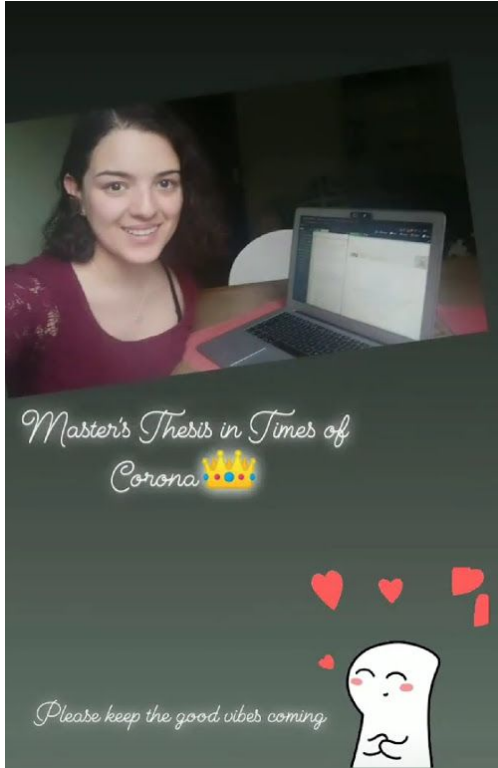


Expectation vs. Reality

- Distractions



Expectation vs. Reality



- Disrespecting schedules (e.g. sleeping)
→ reduces cognition

```
andrea.maldonado@117-MUC-M in ~/git-tree/processmining on  
$ git commit -m "Ass structure of project"  
[master 78e91bb] Ass structure of project  
1 file changed, 27 insertions(+), 5 deletions(-)  
  
andrea.maldonado@117-MUC-M in ~/git-tree/processmining on  
$
```


Acceptance and Motivation



Life Complexity's To-Do List 🎩

Deciding about next career step

Flatmate moving out

Life as “usual”

Don't stress too much!

Life Complexity's To-Do List 🎩

Deciding about next career step

- PhD/Job Interview
- PhD Contract
- Process Visa
- Process Passport (in Berlin)
- Have a Master's Degree
- Other job applications
- Fill out paperwork

Flatmate moving out

- Change water service contract
- Change apartment contract
- Change wg bank contract
- Change internet contract
- Help new flatmate
- Negotiate fridge price
- Integrate new flatmate into WG-App (flatastic)
- Make sure we still have some toilet paper

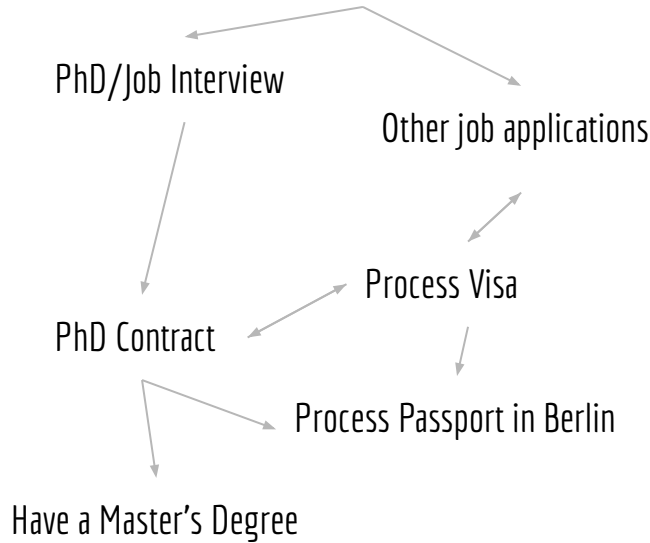
Life as “usual”

- Exercise
- Eat healthy
- Stay hydrated
- Sleep enough
- Keep in touch with family and friends abroad
- Mom's birthday
- Sister's birthday

Don't stress too much!

Life Complexity's To-Do List 🎪

Deciding about next career step



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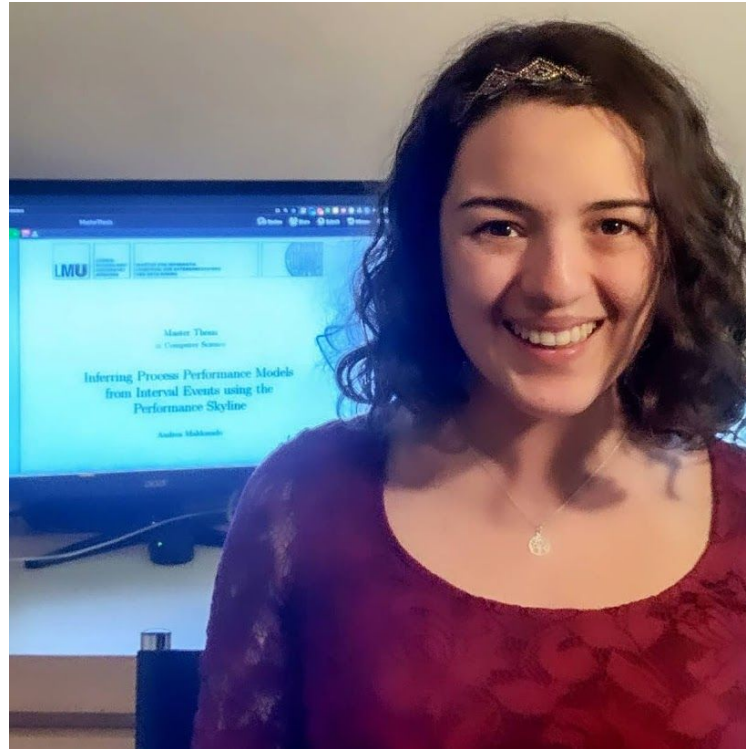
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With a little help from my friends

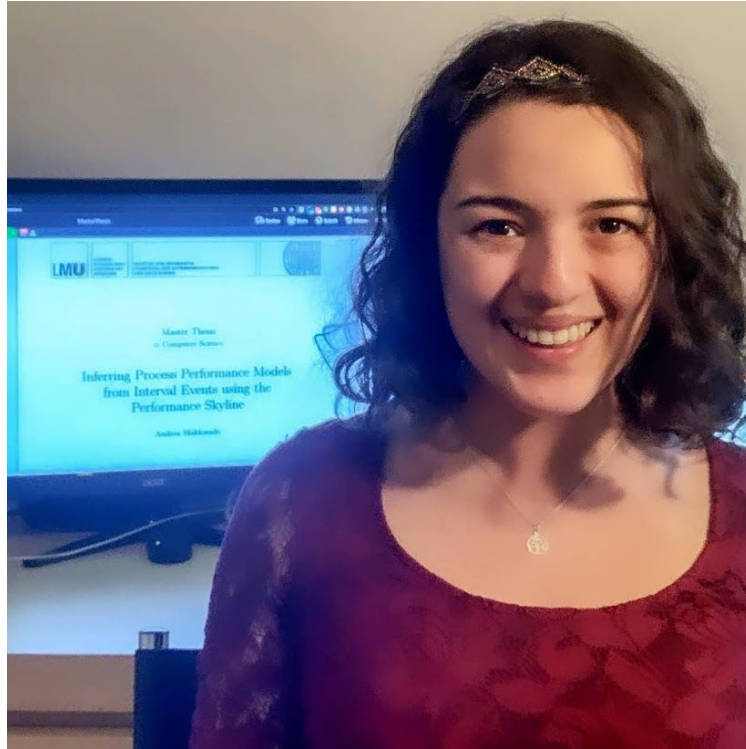


https://github.com/andreamalhera/committed_meals/

Happy End!



Happy (Almost) End!



My 3 Takeaways...

https://github.com/andreamalhera/how_i_work

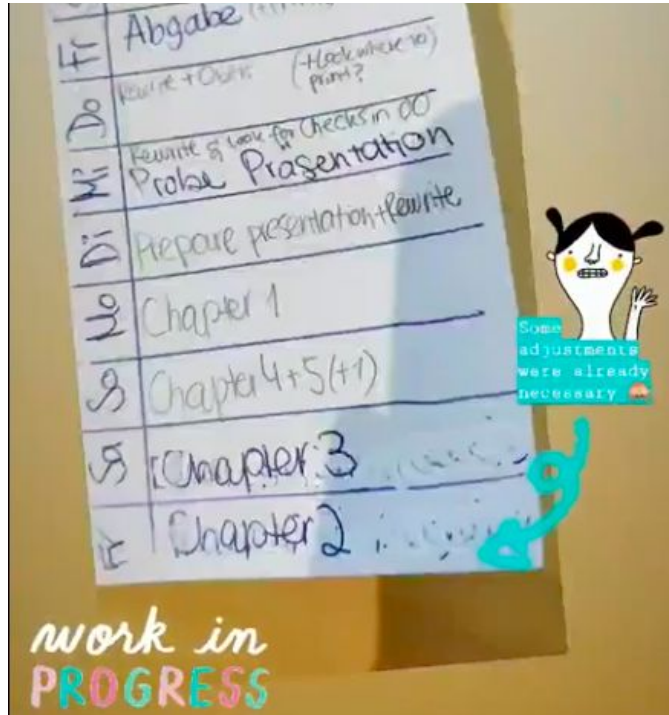
Techniques are friends



- Pomodoro technique
- Important Urgent Matrix
- To-do inbox
- Reinforcement Loop
- Agile (dinner) for one

Be open to negotiate your master plan

(especially with yourself)



Take enough and meaningful breaks

