

## 2025 Q4 Empowerment Awards Winners



**Anna Carolina Machado Marinho**  
FIOCRUZ,  
Brazil



**Rafaela Oliveira Nascimento**  
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Brazil



**Lucia Santorelli**  
Telethon Institute of  
Genetics and Medicine,  
Italy



**Habeebah Owolabi -**  
Griffith University,  
Australia



**Anna Feerick**  
University of California,  
USA

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## PAST EVENTS

### Nordic MSP 2025

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The FeMS<sup>+</sup> Networking & Mingle at Nordic MSP 2025 was a huge success! We were delighted to see such strong participation and to receive highly positive feedback from attendees. The evening began with welcome remarks from Margrét Þorsteinsdóttir, followed by an interactive quiz and a dynamic networking session that encouraged the building of new connections and the sharing of ideas.

We are deeply grateful to Evosep Biosystems for their generous sponsorship and continued support, to the conference organizers for their collaboration, and to Lotta, Valentina, and Iulia for making this happen!

## Out of the Shadows - Montreal Canada

The day began with Anne introducing the origins of the initiative. She reminded us that while it's often comfortable to stay in the shadows, true leadership requires the courage to step into the spotlight and be seen. This program was created to support and guide participants in taking that important step.

Carol Lempert (the host of the program) welcomed our group (we were 15) and introduced the core theme of the day:

"Power Up Your Presence Through Storytelling."

The day was highly interactive, including exercises where we shared personal stories with peers. These activities helped foster trust, a sense of safety, and real connection among participants. By discovering common experiences, we were reminded that we're not alone in our leadership journeys.

- We explored the different tools to have an effective communication: Eye contact, gestures, pauses, pace, tone, body language, vocal variety and ensure that everything was aligned.







## Final Reflections

It was a truly inspiring and enriching day. We came away with:

- Deeper self-awareness
- Practical communication and storytelling tools
- A sense of community and shared purpose

Most importantly, we left with new connections and insights that we're all excited to bring back to our teams and daily work. The space created during the program felt safe, energizing, and empowering.

- A central focus of the day was the power of storytelling as a leadership tool. We learned that storytelling isn't just for presentations: it can be used to inspire, connect, and influence in everyday leadership. A good story brings people into the present and creates shared understanding.

Carol guided us through identifying our story, how to structure it effectively, when to share it, and how to tailor it for different audiences.

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