Feminine *Techie*

CELEBRATING THE LEGACY OF BLACK WOMEN IN TECHNOLOGY





About the *Workbook*

This workbook is designed to dive deep into the Feminine Techie lifestyle. Through interactive exercises, self-reflection prompts, and hands-on activities, you'll explore how technology can enrich your daily life. From examining the connections between gender, race, and technology to practical advice on incorporating tech with style and grace, this workbook serves as your roadmap to embracing the empowerment and refinement of being a Feminine Techie. By the end, you'll gain a fresh perspective on how technology can enhance your lifestyle and empower you to flourish in our modern digital era.

Table of Content

I	SUBJECT MATTER	4
II	INTRODUCTION	5
III	CELEBRATING THE LEGACY OF BLACK WOMEN IN TECHNOLOGY	07
IV	WORK-LIFE BALANCE PLANNER	20

Subject Matter

What opportunities exist for women to lead and innovate in the tech industry?

01

Can women in tech balance their passion for innovation with maintaining a sense of femininity and style?

02

What strategies can women in leadership positions within the tech industry use to navigate and overcome gender biases and stereotypes?

03

Are there specific challenges that women face in the tech industry, and how can embracing femininity help overcome them?

04

Introduction

Welcome to the world of the feminine techie – where empowerment meets luxury, and innovation intertwines with elegance. In this dynamic realm, technology is not just a tool but a symbol of empowerment, and femininity is celebrated as a source of strength and creativity.

The feminine techie lifestyle represents a fusion of two seemingly contrasting worlds: the fast-paced, cutting-edge realm of technology, and the refined, aspirational world of luxury and style. It embodies the belief that women can excel in any field they choose, breaking barriers and shattering stereotypes along the way.

At its core, the feminine techie lifestyle is about more than just mastering the latest gadgets or coding languages – it's about harnessing the power of technology to elevate every aspect of our lives. From sleek, high-tech accessories to innovative productivity tools, being a feminine techie is as much about embracing a mindset of empowerment as it is about embracing the latest tech trends.

But it's not just about functionality - it's also about indulgence and luxury. The feminine techie lifestyle invites us to surround ourselves with beautifully designed tech products that seamlessly integrate into our lives, enhancing both our productivity and our sense of style. It's about finding delight in the intersection of form and function, where every gadget is not just a tool but a statement piece.

In the pages ahead, we'll explore how the feminine techie lifestyle can empower you to unleash your full potential, both personally and professionally. We'll delve into the latest tech innovations, from chic wearables to cutting-edge smart home devices, and discover how they can enhance your daily routine and elevate your sense of luxury.

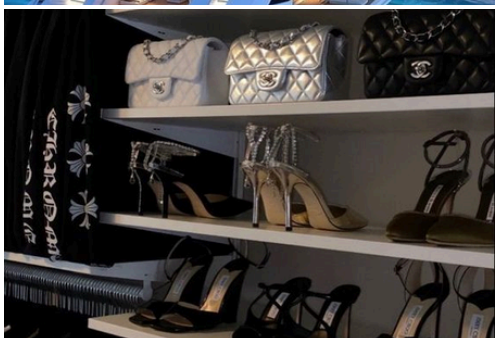
So whether you're a seasoned tech enthusiast or a newcomer to the world of gadgets and gizmos, join us on this journey as we tap into the aspirational aspect of the feminine techie lifestyle - where empowerment, luxury, and innovation collide in perfect harmony.

Chapter 3

Celebrating the Legacy of Black Women in Technology







Exploration of how black women are leading the way in embracing technology as a symbol of luxury and empowerment. As we commemorate Women's History Month, it is imperative to recognize the profound impact of Black women in shaping the landscape of technology and innovation. From revolutionizing graphic design to advancing AI ethics, these trailblazing individuals have left an indelible mark on our modern world, inspiring future generations of innovators.

Sylvia Harris:

A Visionary in Information Design

Sylvia Harris stands as a beacon of innovation in graphic design, pioneering efforts to simplify complex datasets for broader accessibility. Her groundbreaking work redefined the field of information design, leaving an enduring legacy that continues to shape design practices today.

Dr. Lisa Gelobter:

Leading Innovation in CAD Systems

Dr. Lisa Gelobter's entrepreneurial acumen and technological expertise have propelled advancements in computer-aided design (CAD) systems. Her contributions to animation technology have revolutionized design processes, driving unprecedented levels of efficiency and precision.

Ayanna Howard:

Redefining Robotics and 3D Printing

Ayanna Howard's groundbreaking research in AI and robotics has reshaped manufacturing processes and expanded the frontiers of 3D printing technology. Her pioneering work has catalyzed innovation across industries, from healthcare to aerospace, showcasing the transformative potential of robotics.

Dr. Timnit Gebru:

Advocating for Ethical AI Development

Dr. Timnit Gebru's pioneering research on fairness and bias in machine learning algorithms has ignited critical discourse on ethical AI development. Her unwavering commitment to diversity and inclusivity has fostered a more equitable and just technological landscape, paving the way for ethical advancements in AI.

Katherine Johnson:

Trailblazing Mathematician at NASA

Katherine Johnson's extraordinary achievements as a mathematician at NASA shattered barriers and inspired generations of women in STEM. Despite facing pervasive gender and racial biases, her groundbreaking contributions to space exploration epitomize resilience, determination, and excellence.

Valerie Thomas:

Innovating Optical Illusion Technology

Valerie Thomas' groundbreaking invention of the illusion transmitter has revolutionized 3D imaging and holography, leaving an indelible mark on visual technology. Her visionary creativity continues to inspire advancements in image quality and display technology, shaping the future of visual innovation.

These exemplary women epitomize resilience, creativity, and excellence, demonstrating the transformative power of technology and innovation. As we honor their legacy, let us continue to champion diversity, equity, and inclusion in the pursuit of technological advancement and progress. Highlighting the lifestyle aspects of being a feminine techie beyond just mastering gadgets.



Fashion Forward:

As a feminine techie, you embrace chic wearables that seamlessly integrate technology into your wardrobe. From stylish smartwatches to fashionable fitness trackers, you prioritize both fashion and function in your accessories.

Smart Living:

Your home reflects your tech-savvy lifestyle with sleek smart home solutions that enhance convenience and comfort. From automated lighting and temperature control to voice-activated assistants, you prioritize efficiency and luxury in your living space.

Health and Wellness:

Technology plays a vital role in your health and wellness routine, with wearable fitness trackers and health monitoring devices helping you stay on top of your fitness goals. You embrace cutting-edge health tech innovations to optimize your well-being and vitality.

Work-Life Balance:

As a feminine techie, you leverage technology to achieve a harmonious work-life balance. Whether it's telecommuting with the latest productivity tools or using virtual reality for relaxation and mindfulness, you prioritize both professional success and personal fulfillment.

Creative Expression

Technology serves as a medium for creative expression, allowing you to explore innovative art forms and multimedia projects. From digital art and photography to music production and video editing, you harness the power of technology to unleash your creative potential.

Community Engagement:

As part of the feminine techie community, you actively engage in networking events, workshops, and online forums to connect with like-minded individuals. You collaborate on projects, share insights, and support each other in navigating the ever-evolving tech landscape.



Embracing the feminine techie lifestyle is about integrating technology seamlessly into every aspect of your life, from fashion and home decor to health and creativity. By prioritizing elegance, sophistication, and empowerment, you redefine what it means to be a modern tech enthusiast.

Embracing technology can empower individuals to lead sophisticated lifestyles across various domains, from fashion and health to creativity and professional development. Here are some examples:

Fashion and Wearables:

Incorporating wearable technology into fashion accessories like smartwatches, fitness trackers, and augmented reality glasses not only adds a touch of sophistication to attire but also provides real-time data and connectivity on the go.

Smart Home Solutions:

Installing smart home devices such as voice-activated assistants, automated lighting, and smart thermostats enhances the convenience and efficiency of living spaces, reflecting a modern and sophisticated lifestyle.

Health and Wellness Tech:

Utilizing health and wellness technology such as wearable fitness trackers, meditation apps, and personalized health monitoring devices allows individuals to take control of their well-being in a sophisticated and data-driven manner.

Digital Art and Creativity:

Embracing digital art tools, graphic design software, and multimedia platforms enables individuals to express creativity in innovative ways, from digital painting and 3D modeling to multimedia storytelling and virtual reality experiences.

Professional Development:

Leveraging technology for professional development through online courses, virtual conferences, and digital networking platforms empowers individuals to advance their careers in a sophisticated and globally connected manner.

Environmental Sustainability:

Embracing technology for sustainable living through energy-efficient smart home solutions, eco-friendly transportation options, and digital sustainability tools demonstrates a forward-thinking approach to environmental stewardship.

Overall, integrating technology seamlessly into daily life enables individuals to celebrate sophistication while harnessing the transformative power of innovation in various aspects of their lives.

Exercises 3.1

EXPLORING BLACK WOMEN'S LEADERSHIP IN TECHNOLOGY

This Activity aims to delve into the impactful contributions of Black women in technology, highlighting their role as leaders in embracing technology as a symbol of luxury and empowerment.

Instructions:

1. Read the provided excerpts celebrating the legacy of Black women in technology, showcasing their groundbreaking achievements and innovations.

2. Reflect on each individual's story and consider the challenges they may have faced in their respective fields.

3. Choose one pioneer from the list - Sylvia Harris, Dr. Lisa Gelobter, Ayanna Howard, Dr. Timnit Gebru, Katherine Johnson, or Valerie Thomas - whose story resonates with you the most.

4. Write a short essay discussing the significance of your chosen pioneer's contributions to the field of technology. Consider their impact on innovation, diversity, and empowerment.

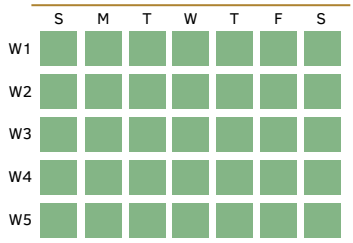
5. Choose one pioneer from the list - Sylvia Harris, Dr. Lisa Gelobter, Ayanna Howard, Dr. Timnit Gebru, Katherine Johnson, or Valerie Thomas - whose story resonates with you the most.

6. Submit your essay along with a brief reflection on what you've learned from this exploration of Black women's leadership in technology.

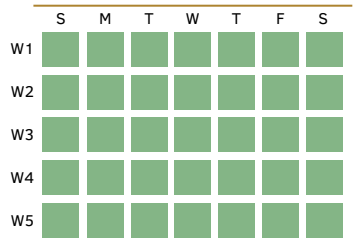
Note: Remember to engage critically with the material and support your arguments with evidence and examples from the provided excerpts and your own reflections. Your insights and perspectives are valuable contributions to this exploration of Black women's leadership in technology.

Calendar

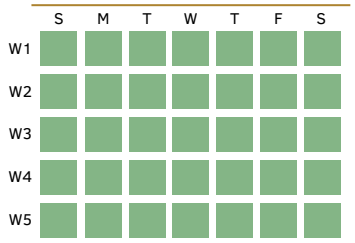
January



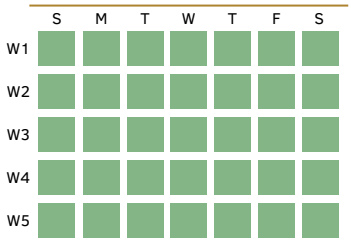
February



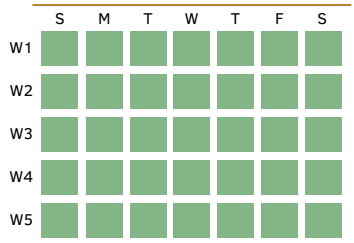
March



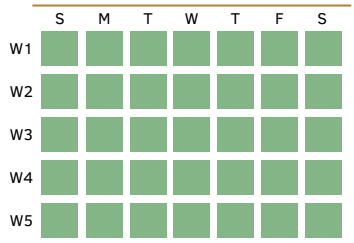
April



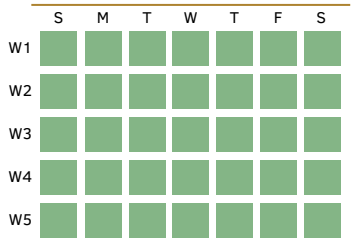
May



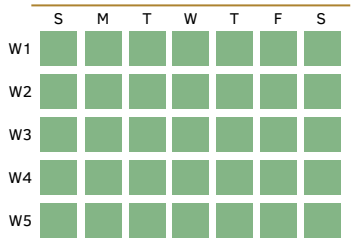
June



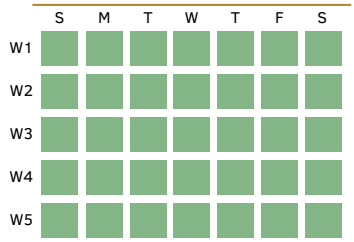
July



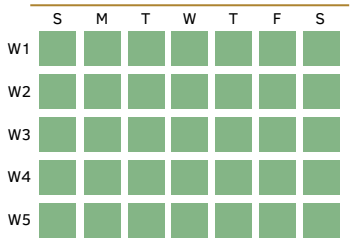
August



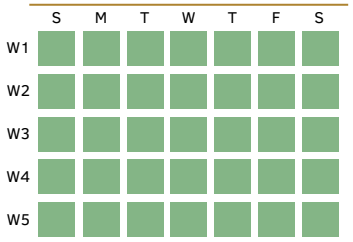
September



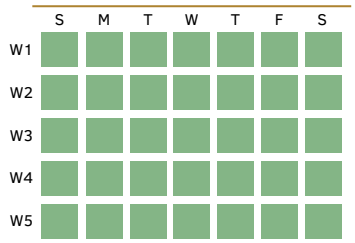
October



November



December



Key Dates

January

February

March

April

May

June

July

August

September

October

November

December

Q1 / Overview

This quarter focus

I am looking forward to...

January

Goals

-
-
-
-
-

Task

-
-
-
-
-

Project

-
-
-
-
-

Stop doing

Do less

Keep doing

Do more

Start doing

February

Goals

-
-
-
-
-

Task

-
-
-
-
-

Project

-
-
-
-
-

Stop doing

Do less

Keep doing

Do more

Start doing

March

Goals

-
-
-
-
-

Task

-
-
-
-
-

Project

-
-
-
-
-

Stop doing

Do less

Keep doing

Do more

Start doing

Q2/ Overview

This quarter focus

I am looking forward to...

April

Goals

-
-
-
-
-

Task

-
-
-
-
-

Project

-
-
-
-
-

Stop doing

Do less

Keep doing

Do more

Start doing

May

Goals

-
-
-
-
-

Task

-
-
-
-
-

Project

-
-
-
-
-

Stop doing

Do less

Keep doing

Do more

Start doing

June

Goals

-
-
-
-
-

Task

-
-
-
-
-

Project

-
-
-
-
-

Stop doing

Do less

Keep doing

Do more

Start doing

Q3 / Overview

This quarter focus

I am looking forward to...

July	August	September
Goals	Goals	Goals
Task	Task	Task
Project	Project	Project
Stop doing	Stop doing	Stop doing
Do less	Do less	Do less
Keep doing	Keep doing	Keep doing
Do more	Do more	Do more
Start doing	Start doing	Start doing

Q4 / Overview

Quarter 1 | Quarter 2 | Quarter 3 | Quarter 4 | Calendar

This quarter focus

I am looking forward to...

October	November	December
Goals	Goals	Goals
Task	Task	Task
Project	Project	Project
Stop doing	Stop doing	Stop doing
Do less	Do less	Do less
Keep doing	Keep doing	Keep doing
Do more	Do more	Do more
Start doing	Start doing	Start doing

KEY DATES
Q1/ OVERVIEW
GOALS
MONTLY CALENDAR
VISION BOARD
HEALTHY HABITS
MONTLY REFLECTION

My monthly goals

Month of _____

Personal Goal

Health Goal

Career Goal

Financial Goal

Spiritual Goal

Month of:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Vision board | Healty habits | Montly reflection

	S	M	T	W	T	F	S
week1							
week2							
week3							
week4							
week5							

My Focus

Monthly intentions

Priorities

To Do List

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

Notes, Ideas & Inspiration

Vision Board

Month of _____

Healthy Habits

Monthly calendar | Vision board | Healthy habits | Monthly reflection

Self-care habit tracker

Month of _____

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

PHYSICAL, EMOTIONAL & MENTAL HEALTH

Mental & physical state		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Overall mood	Good Normal Bad																															
Energy levels	Low Medium High																															
Stress levels	Low Medium High																															
Motivation	Low Medium High																															

KEY DATES
OVERVIEW
GOALS
MONTHLY CALENDAR
VISION BOARD
HEALTHY HABITS
MONTHLY REFLECTION

WEEK OF:

W 1 W2 W3 W4 W5

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

SUN	MON	TUE	WED	THU	FRI	SAT

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1 ◯

2 ◯

3 ◯

WEEKLY SELF-CARE

	S	M	T	W	T	F	S
MENTAL	◯	◯	◯	◯	◯	◯	◯
PHYSICAL	◯	◯	◯	◯	◯	◯	◯
SPIRITUAL	◯	◯	◯	◯	◯	◯	◯
EMOTIONAL	◯	◯	◯	◯	◯	◯	◯

TO DO LIST

◯

◯

◯

◯

◯

◯

WORKOUT OF THE DAY

S

T

W

T

F

S

M

WHAT WOULD MAKE THIS WEEK GREAT?

NOTES & INSPIRATION

KEY DATES
01/ OVERVIEW
GOALS
MONTLY CALENDAR
VISION BOARD
HEALTHY HABITS
MONTLY REFLECTION

SUN	MON	TUE	WED	THU	FRY	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

KEY DATES
OL/ OVERVIEW
GOALS
MONTLY CALENDAR
VISION BOARD
HEALTHY HABITS
MONTLY REFLECTION

Today I am feeling...

My daily affirmation

SCHEDULE

5AM
6AM
7AM
8AM
9AM
10AM
11AM
12PM
1PM
2PM
3PM
4PM
5PM
6PM
7PM
8PM
9PM
10PM

INTENTION FOR THE DAY

TOP PRIORITIES TO GET CLOSER TO MY GOALS

1
2
3

TO DO LIST

SELF-CARE

TODAY I AM GRATEFUL FOR...

MEALS & WATER

B
L
D
W
W

NOTES & INSPIRATION

Monthly Reflection

Month of _____

How did I feel emotionally and physically this month?

_____

_____

_____

_____

How did I feel emotionally and physically this month?

_____

_____

_____

_____

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
YOUR ENVIRONMENT	☆ ☆ ☆ ☆ ☆
PERSONAL DEVELOPMENT	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆
MONEY & FINANCES	☆ ☆ ☆ ☆ ☆
CAREER OR BUSINESS	☆ ☆ ☆ ☆ ☆

Did I follow my self-care routine?

_____

_____

_____

_____

_____

_____

Did I meet my goals for the month?

_____

_____

_____

_____

_____

_____

What am I spending too little/too much time on?

_____

_____

_____

_____

_____

_____

What inspired me this month?

_____

_____

_____

_____

_____

_____

What areas of my life did I grow the most in?

_____

_____

_____

_____

_____

_____

What are the things I am grateful for this month?

_____

_____

_____

_____

_____

_____



Thank you!

We extend our heartfelt gratitude for joining us on this journey through the Feminine Techie lifestyle. Your dedication to exploring the intersection of femininity and technology is inspiring. We hope this workbook empowers you with new insights and possibilities. Together, we're reshaping the narrative of being a Feminine Techie, and we're grateful to have you with us.