



Science Societies

From grit to grace: A new perspective on resiliency in the workplace

By Pamela Aracena

| February 20, 2026



At the CANVAS conference in Salt Lake City, the Women in Science Committee led an interactive workshop that redefined resilience in science—from mere persistence and endurance to a more holistic focus on balance, rest, and support. Through shared reflections and expert insights, participants embraced resilience as a collective, sustainable practice rooted in grace, well-being, and community.

As I stepped into the Salt Palace Convention Center in Salt Lake City for last fall's [CANVAS](#) conference, the energy was palpable. The air buzzed with conversations—old friends reconnecting, new introductions sparking, and the hum of ideas being exchanged. Everywhere I turned, there were warm greetings and animated discussions:

“So, how have you been since the last CANVAS?”

“What are you working on now?”

“Did you hear about so-and-so’s research?”

These moments remind us that [conferences are more than sessions and presentations—they’re about community.](#)

Yet, beneath the excitement lies the reality of our profession. The journey of a scientist—whether in academia, industry, or extension—is often marked by high

expectations, demanding workloads, and the constant pressure to secure funding, publish research, and navigate career transitions. For women in science, these challenges can be even more complex, layered with the demands of fieldwork, workplace dynamics, and balancing personal responsibilities.

"Conferences are more than sessions and presentations—they're about community."

That's why cultivating resilience matters. Resilience isn't just about enduring hardship—it's about equipping ourselves with tools to manage stress, recover from setbacks, and build sustainable careers. At CANVAS 2025, the **Women in Science Committee** hosted an interactive workshop on **Cultivating Resiliency: Thriving in Science Careers**, a topic that has become essential in today's fast-paced, ever-changing environment. Resilience—the ongoing process of adapting to and overcoming challenges—is no longer optional; it's a necessity.



Mentimeter word cloud responses from participants to the question: “What new word, idea, or feeling now defines resilience for you after today’s session?”

When our final panelist concluded, we returned to our audience with a second question:

“What new word, idea, or feeling now defines resilience for you after today’s session?”

This time, the answers told a different story—one of balance and well-being:

- **Sleep** (most frequent)
- Values, rest, growth, patience, balance

Other responses included self-care, acceptance, community, gratitude, and support systems.

Doris added a powerful insight: a missing element—**grace**. Having grace for yourself and others allows you to withstand whatever may come. She reminded us that grace and empathy go hand in hand on the journey to resilience.

This transformation speaks volumes. Resilience is not just about pushing through challenges—it’s about creating space for recovery, prioritizing mental health, and fostering supportive environments.

Key takeaways

Resiliency in the workplace is more than persistence; it’s about **balance, adaptability, and collective support**. By integrating wellness practices and valuing rest, organizations

can help employees thrive—not just survive.

The shift in perspective highlights an important truth: resilience is a shared responsibility. It's about building cultures where employees feel supported, empowered, and equipped to navigate uncertainty together. As organizations face evolving challenges, investing in resilience-building strategies—such as open communication, professional development, and wellness initiatives—can make all the difference.

Resilient teams don't just survive change; **they thrive because of it.**

"Resiliency in the workplace is more than persistence; it's about balance, adaptability, and collective support."

[More women in science](#)

[Back to issue](#)

[Back to home](#)

[Rate this article](#)

Text © . The authors. CC BY-NC-ND 4.0. Except where otherwise noted, images are subject to copyright. Any reuse without express permission from the copyright owner is prohibited.