

In industry, Prof. Thanabalasuriar noted that childcare was available on site and there was a great infrastructure that helped women be both productive researchers and mothers two full time jobs. She also found that the management and leadership skills she developed in academia enabled her to excel in her industry position and surpass her colleagues. Overall, she recommends that before joining a company or accepting a job offer, try to ask other women working there what the environment is like and whether any disparities exist. She noted that this can vary greatly depending on the company and leadership.

On the flip-side, generally in academia,

However, despite the support she found in academia, the lack of accessible childcare makes it difficult for women in STEM to balance their work and family in fact, it is one of the biggest obstacles that they face. Furthermore, Prof. Thanabalasuriar noticed that nature of academia combined with the pressures of the pandemic did not always facilitate an environment of collaboration. Prof. Thanabalasuriar strongly believes that as women researchers high competition. From these experiences, she has learned to approach everything with a collaborative spirit, focusing on teamwork, and mentoring, rather than competition.

While Prof. Thanabalasuriar did not follow the traditional path to academia, she has shown that industry experience is not a detriment but instead a strength. Her conviction in following her own interests has led to a dynamic and successful career thus far, as she continues to push the boundaries of our knowledge by establishing her own research program, and serving as a mentor to the next generation of scientists.

To read more about Prof.

Pharmacology and Therapeutics [website](#), check out her publications on [PubMed](#), or follow her on Twitter ([@AjithaT4](#)).

References

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