

Women in the Industry

Cheryl Moon-Sirianni, P.E.,
Executive Deputy Secretary,
PennDOT

Roseline Bougher, President/CEO,
A.D. Marble

Fawn Cassel, Contract Management
Services Manager, PA Turnpike
Commission

Nicole Tyler, Director of Equitable
Transportation, PennDOT

Julie Reeb, President
Reeb Building Systems

SIGNS OF BURNOUT



Headaches + muscle tension



Feeling helpless and drained



Neglecting self care



Endless anxiety + feeling overwhelmed



Negativity, irritability and unexplained tension



Overly tired, inconsistent sleeping patterns, Insomnia



isolation, blunted/distant emotions



Feeling numb or apathetic about life

Landyschemist.com

OVERCOMING BURNOUT



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