Heartifacts Schedule of Events

Friday, April 20, 2018

9:00 AM - Opening remarks

9:10 AM - "Hacking Your Emotional API"
presented by John Sawers

Being a good developer isn't just about slinging code; we're part of a community. Interacting with others in a community means feelings are involved. In this talk you'll learn how emotions are affecting you by modeling them as an API and looking at the code.

10:00 AM - "The Intelligence of Instinct"
presented by Emily Freeman

Fear isn't a gut feeling. It's your brain delivering critical information derived from countless cues that have added up to one conclusion. This talk will explore fear, instinct and denial. And we'll look at how we can start to view "feelings" as pre-incident indicators.
Content warning: This talk includes brief stories about sexual assault and IEDs in Iraq.

11:00 AM - "Give Feedback Fearlessly"
presented by Aisha Blake

Constructive feedback can be difficult to receive gracefully and even harder to give effectively. In this session, we'll discuss why peer-to-peer feedback is necessary for a healthy team dynamic, introduce techniques for sharing feedback with team members, and work through example scenarios.

11:30 AM - 1:00 PM Lunch Break in the Cultural District

1 PM - "Harry the Hedgehog Learns You A Communication"
presented by Laura Mosher

We know how to communicate — we do it on a daily basis, so why spend time perfecting something you feel you already know how to do? Well, what you say and how you say it impacts how you are understood and how others perceive you. In this talk, we'll walk through 5 tips that improve how you communicate. Using real world examples, we'll show how common these pitfalls are and how to overcome them. You'll leave armed with the ability to positively impact your relationships through how you communicate.

1:45 PM - "From the Ashes: Rebuilding a Career after a Breakdown in Mental Health"
presented by Hayley Denbraver

Mental Health issues come in all sorts of forms and sometimes they can be big enough to cause disruption to your career. This can look like a job change, a leave of absence, an industry shift, or a change of duties. When this happens, how can you move forward in a healthy way? The speaker will share her story of health breakdown and the subsequent crash and rebirth of her career, as well as the lessons that she learned along the way.

2:15 PM - Therapy Dogs Session
sponsored by LendingHome

3:15 PM - "How Not to Review a Pull Request"
presented by Aaron Goldsmith

There are many opinions and techniques for reviewing code. Instead of boring you to death with another philosophical rant, we will explore what not to say to your co-workers through examples. Once our journey is complete, we will have tools to help recognize these non-constructive behaviors before hitting send. Areas of interest will include team trust and safety, active and passive aggression, and creativity blockers.

4:00 PM - "Risk Based Testing: Creating a Language Around Risk"
presented by Jenny Bramble

Creating a common language lets us create stronger teams and reduce stress — I will show how to use the terminology of risk based testing to create a language to use in your everyday work life with pictures of my cat who is super adorable and there's also possums.

6:00 - 9:00 PM
Party at the Andy Warhol Museum
sponsored by the Code & Supply Scholarship Board of Directors

117 Sandusky St, Pittsburgh, PA 15212

Thank you for attending Heartifacts. The attendees are what make a conference great. Our schedule is built to encourage social experiences with shorter talks and long breaks. Use the talks as inspiration to start a conversation with someone new.

Saturday, April 21, 2018

9:30 AM - "Overcoming Your Fear of Failure"
presented by Olivia Liddell

Have you ever been too afraid to try for an opportunity because you feared that you wouldn't get it? In this talk, you'll learn more about some of the causes of fear of failure, along with clear strategies that you can use to overcome it and advance within your tech career.

10:30 AM - "Burnout and the Cult of Busy"
presented by Caroline Moore

Our culture glorifies busyness, and perhaps the worst of it can be found in the tech industry. Workers at startups brag about how much they work, and how little they sleep. Engineers forgo lunch for more hours at their desk, social media is riddled with #hustlin and #riseandgrind, and everyone is available at all times. This kind of stress is bad for employees, and bad for business. This talk will cover the importance of self-care, avoiding burnout, and ways to set boundaries to protect your health.

11:30 AM - "The Mental Impact of Tech Interviews"
presented by Zachary Zlotnik

It's time to refactor tech hiring. Lengthy technical interview processes frustrate tech workers and can have a negative impact on mental health. While it is almost universally recognized that technical interviews are broken, the impact they have on tech workers are not being recognized.

12:00 - 1:30 PM - Lunch Break in the Cultural District

1:30 PM - "MomOps and Feelings"
presented by Aly Fulton

Tech is finally becoming more open to talks about mental health but there's something we aren't talking about enough — the mental health of new mothers. As more women get into tech, we need to discuss how to make this transition easier on them & steps they can take to help themselves.

2:00 PM - Cognitive Distortions Workshop
presented by Blackbird Health and the Cognitive Behavior Institute

2:30 PM - "Continuous (Self) Improvement Dealing with ADHD"
presented by Aaron Aldrich

Following DevOpsDays Hartford, my own mental illness took over for a couple of days. Like the past, it took me out of commission, but the lessons I've learned through dealing with myself, plus dealing with other complex systems, helped me recover faster and with less fallout.

3:30 PM - "Shine Theory 101: The Devastating Importance of Lifting Others to Lift Ourselves"
presented by Tori Brenneison

Our society has a toxic habit of encouraging jealousy and bitterness when it comes to others' success. This talk covers how to let go of resentment, embrace others' achievement, and strengthen friendships in a culture where others can feel more like competition than confidants.

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