

## A career history

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I have been invited to present my life experience as a woman scientist. I will recall here my scientific experience and focus on the opportunities that helped me develop my work and the obstacles that I had to overcome. Looking back, I feel that I have faced difficulties, received support and met with opportunities, mostly in the same way as most people, both women and men. However, I still have an underlying feeling that some difficulties were related to being a woman in a world with a majority of men, especially at decision-making levels. Although I am not sure what comes from being a woman and what comes from being me, I will try to highlight what I feel has helped me lead a successful career and what I might have been better to do differently. Based on my personal experience, I will also try to make some suggestions for women - or maybe for young researchers in general - as to how they can strive for success and happiness in their careers while maintaining a healthy balance between their professional and personal lives. I hope my experience and suggestions will prove helpful to my younger colleagues and inspire them to follow a path that can, if it fits their personalities and goals, lead to an immense sense of fulfilment, achievement and personal freedom.