



Women in Science – 3<sup>rd</sup> Erlangen Symposium

## **Title Gut Feeling and Intuition - My Personal Journey from Dentistry to Biomaterials**

*Sofia Dembski*<sup>1</sup>

<sup>1</sup>Fraunhofer institute for Silicate Research ISC, Neunerplatz 2, 97082, Würzburg, Germany  
[sofia.dembski@isc.fraunhofer.de](mailto:sofia.dembski@isc.fraunhofer.de)

It is great to have personal plans and dreams for your professional carrier. They are very important and helpful: they give us direction, framework and security. They motivate us and help us achieve our goals.

But what happens when things don't go as planned? Should we give up, change or refocus our goals or make a total restart?

I strongly believe that instead of giving up, getting frustrated and crying over what doesn't work out, we should keep our eyes open and be ready for new opportunities. Because there is always a new door opening somewhere.

We should listen to our gut feeling and consider adjusting our plans and strategies based on what we learn. Sometimes intuitive decisions can lead to unexpected opportunities and success.

I want to share with you my personal experience with the planning and intuitive processes and the decisions arising from there. I will tell you how it led me, a young Russian woman with a degree in dentistry, to become a chemist in Germany and finally the deputy director of the Translation Center of Regenerative Medicine. My personal journey has led me to the exciting interdisciplinary world of our department. Here, we are not only researching and developing new materials for biomedicine and lab automation but e.g., also new cell-based tissue models as alternatives to animal testing.