

EPIC2016

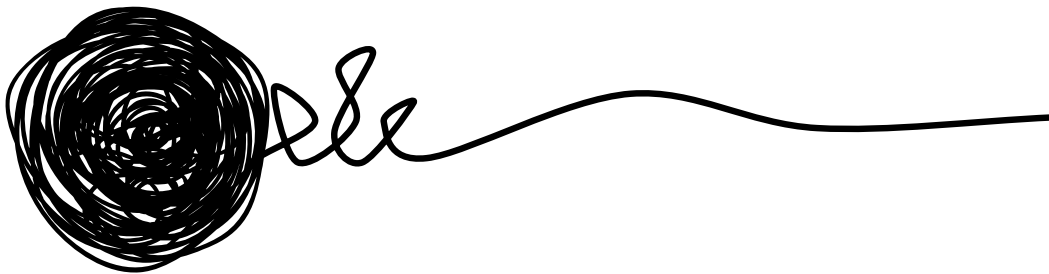
PechaKucha 6 – Standards of Practice

How a 10-Day Silent Meditation Course Made Me a Better Researcher

SHIPRA KAYAN

Upwork

This talk is an illustration of my journey from being a dejected, sole researcher in a chaotic 300 person startup to a place where I learned not only how to be a better interviewer, but also a more effective and influential employee.



Shipra Kayan has over a decade of experience as a User Experience professional. She has spent the last six years at Upwork helping the product and engineering teams understand user needs, and make empathy based design decisions. She lives in San Francisco, and writes on [medium](#).
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