

## The International Council on Systems Engineering Publishes *Letters to My Younger Self: How Systems Engineering Changed My Life*.

**SAN DIEGO (19 October 2022)** – The International Council on Systems Engineering (INCOSE) is pleased to announce the publication of the eBook *Letters to My Younger Self: How Systems Engineering Changed My Life*. This publication is a compendium of letters from around the world, written from system engineers in the field to their younger selves, to give a glimpse into the life they have lived and the insights they have gained along the way.



Produced by INCOSE’s Empowering Women Leaders in Systems Engineering (EWLSE) group, the book aims to give younger people an insight into what being a systems engineer is like and encourage them to pursue a future in systems engineering. The book editors are Alice F. Squires, Lisa Hoverman and David Long.

The book is made up of 25 letters from 13 women and 12 men representing 9 different countries; such diverse perspectives on systems engineering careers provides excellent guidance for future generations, possibly influencing some to consider a career in systems engineering. Each letter highlights a work and life journey through a personal lens, providing transparency that can’t be gained elsewhere. The candor of each letter is both engaging and insightful.

**Kerry Lunney, INCOSE Past President 2020-2021** wrote the foreword for the book in which she notes *“No matter where you are in your life or career there will be a topic in a letter that you will relate to. This simply translates to “you are not alone”, others have had similar experiences. These letters share those pivotal moments of each author, whether it relates to overcoming obstacles, working with talented colleagues, finding that mentor, celebrating achievements, recognizing what a career in systems engineering meant, to name just a few. If you are uncertain in what you are doing or feeling isolated or vulnerable in your current working life, just pause and read one of these letters. I guarantee you will be re-energized.”*


**Alice Squires, EWLSE Founder, Assistant Director EWLSE Outreach and Co-editor** said, *“My fellow editors and I would like to thank all the authors of the letters for their inspiring contribution and bravery for such honest insight of their careers, lives and aspirations.”*

**Cynthia Mahugh-Dam, CEO of SPEC Innovations**, who have sponsored *Letters to My Younger Self* stated *“As a Women-Owned Business, SPEC Innovations has made it its mission to encourage women to thrive in stem and leadership roles since 1993. SPEC Innovations is a leader in systems engineering services and software and is dedicated to investing in the future of women in systems engineering. We hope 'Letters to My Younger Self' encourages a new generation of women to come forward.”*

**Letters to My Younger Self: How Systems Engineering Changed My Life** is available to download in eBook format on: [www.incose.org/lmys](http://www.incose.org/lmys)


## Suggested Social Media Posts

If you would like to share this news on your social media platforms, we encourage you to use the social media post below:



**Letters to My Younger Self:**  
How Systems Engineering  
Changed My Life

Download your copy at  
[www.incose.org/ltnmys](http://www.incose.org/ltnmys)

Sponsored by  SPEC

INCOSE *A better world through a systems approach* / [www.incose.org](http://www.incose.org)

### LinkedIn, Facebook and Instagram:

This eBook is a compendium of letters from around the world, written from system engineers in the field to their younger selves, to give a glimpse into the life they have lived and the insights they have gained along the way. Get your copy at [www.incose.org/ltnmys](http://www.incose.org/ltnmys)  
#INCOSE #SystemsEngineering #Engineering

### Twitter:

This eBook is a compendium of letters from around the world, written from system engineers in the field to their younger selves, to give a glimpse into the life they have lived and the insights they have gained along the way. Get your copy at [www.incose.org/ltnmys](http://www.incose.org/ltnmys)

## Notes to Editors:

### About the International Council on Systems Engineering

The International Council on Systems Engineering (INCOSE) is a not-for-profit membership organization that promotes international collaboration in systems engineering practice, education, and research. INCOSE's mission is to "address complex societal and technical challenges by enabling, promoting and advancing systems engineering and systems approaches." Founded in 1990, INCOSE has more than 65 chapters and over 20,000 members and associates worldwide. For additional information about INCOSE visit [www.incose.org](http://www.incose.org).