

EMPOWER WOMEN SUMMIT 2024: AFTERNOON SESSIONS

PERIOD 1

12:40 – 1:40 PM

SESSION 1A: FRANCIS ROOM

Navigating Difficult Conversations: How to Get Called Out and How to Call Others In

- **Rebecca Schwarz**

Have you ever been called racist or ableist or another term that you don't feel represents who you are, especially when you were trying to help? Drawing on years of experience being a "helper" Rebecca will share insights on ways to respond when you get called out to minimize harm and increase personal growth. Participants will also learn how to connect what they learn from being called out to being more effective at "calling in" others.

SESSION 1B: ASSISI ROOM

Staying the Course: Addressing Burnout & Compassion Fatigue As Women Navigating Work and Home Life

- **Dr. Jodi Vandenberg-Daves & Dr. Keely Rees**

Women have taken on an extra amount of emotional and physical labor in the home and workforce and their compassion fatigue has hit new levels. This workshop is about learning how to reframe and reset so that you have tools, support, and steps to take moving forward. This will be a session for reflecting, connecting and sharing.

PERIOD 2

1:50 – 2:50 PM

SESSION 2A: FRANCIS ROOM

Building Transnational Solidarity

- **Dr. Sona Kazemi**

As a transnational feminist and disability rights activist, Dr. Kazemi will discuss how to build transnational feminist solidarity with feminist and queer movements all around the world and remain accountable to inclusive ethics of gender liberation.

SESSION 2B: ASSISI ROOM

Navigating Gaslighting and Bullying in the Workplace: Strategies for Resilience

- **Dr. Diane Monahan**

Gaslighting in the workplace is a serious issue that can have detrimental effects on individuals, particularly women. This session will explore what bullying and gaslighting look like, their impact on women, and provide skills for not just navigating them in the workplace, but also for creating safe and supportive environments where bullying and gaslighting are not tolerated.

PERIOD 3

3:00 – 4:00 PM

SESSION 3A: ASSISI ROOM

The Broken Ladders of Leadership

- **Kahya Fox**

Kahya shares her experiences working in a male-dominated career for over 20 years, specifically within the housing and construction realm. Participants of this session will learn about data regarding the under-representation of women in non-profit leadership, what contributes to these barriers, and ways to help break the status-quo.

SESSION 3B: CLARE ROOM

Zentangles

- **Rev. Dr. Christine Isham**

While trying to advocate for social justice, self care is as necessary as anything. The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. As a Certified Zentangle Teacher, Rev. Christine Isham, Ph.D., will guide participants through a series of exercises, sparking creativity and peace.

SESSION 3C: FRANCIS ROOM

Body Liberation 101

- **Dr. Laurie Cooper Stoll**

In this session, participants will examine common assumptions about wellness and beauty, learn how to practice body gratitude, and develop strategies for challenging diet culture and creating a more inclusive society for all bodies.

eliminating racism
empowering women

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