

MAKING herstory

BREAKOUT SESSION DESCRIPTIONS

Review the topics in advance to get an idea of which session you'd like to attend!

MORNING SESSIONS

Lisa Kueng, Director of Creative Campaigns, Invesco Consulting

Your Prosperity Picture

Prosperity is about being successful – not just with your money, but with your life – and this workshop focuses on both! It's designed to help you overcome the obstacles of negative thinking about money and being stuck in old financial patterns that aren't working. Instead, "Your Prosperity Picture" seeks to help you clarify your vision of your life and your money, refresh your motivation and take action. The end result? Our goal is that you'll leave with everything you need to transform your financial vision into reality!

mike knox, Director of New Student and Leadership Programs, UCI

Adrian Williams, Program Coordinator, UCI Womxn's Hub

*How Not to be an A**hole When Talking About Male Privilege*

This session will explore male privilege as well as healthy and unhealthy masculinity in and out of the workplace. Designed to be a conversation (with opportunities for audience participation) Adrian and mike will explore how masculinity has been defined traditionally and how it might be redefined. We will discuss the impacts of unhealthy, or toxic, masculinity on individuals, relationships, organizations, and society as a whole, and will work to identify ways we can uphold and embody healthier forms of masculinity that support inclusion and equity and that allow all of us to be more authentically ourselves. For a taste of what's to come, check out our conversation on the UCI Womxn's Hub podcast, "Things to Consider" - <https://womenshub.uci.edu/podcast.php>

Yvette Martinez-Rea, CEO, ESL North America

One of These Things is Not Like the Other: Leveraging Your Distinction to Lead and Succeed

As CEO of ESL North America, of the world's largest esports company, Martinez-Rea knows what it takes to not only thrive in a predominantly male industry but also lead a team to success, despite being distinct in almost every way. In a company of 500+, she is the only woman on the executive team, one of the oldest employees, and most certainly NOT a gamer. This session will empower women and equip them with lessons on how to leverage difference to influence and succeed in the work environment, no matter how much they may stand out at first.

Tatiana Lee, Actor, Model, Hollywood Inclusion Influencer, Accessible Hollywood

The Power of Media Perception

Tatiana Lee shares the story of her upbringing, born a black woman with spina bifida and raised by a single mother, and how it influenced her work in entertainment. Lee saw a lack of representation of people like herself, and it shaped how she felt about herself and others' perception of her. Perception affected her in many ways through education, friendships, career, and public interactions. She still faces challenges today due to the impact media has on how people perceive marginalized communities, and how that influences work place culture. You will leave this session feeling inspired and with tips on how to be more inclusive of disability.

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AFTERNOON SESSIONS

Lorie Reichel-Howe, Founder, Conversations In The Workplace

Making Difficult Conversations, Safe Conversations

While research shows that women have an innate ability to communicate and communicate well, their tendency to hesitate, over-think and step back instead of stepping up to address heated and touchy issues limits their ability to influence change and sabotages their career success. When professional women engage in “safe conversations” - transformative dialogue that uncovers hidden workplace issues, they develop their voice, take back their power and overcome the barriers that hinder their success.

Melody Cheng, Helen Wu, and Janet Wang, Podcast Hosts, AsianBossGirl LLC

Imposter Syndrome with AsianBossGirl

Imposter Syndrome - a state of insecurity & self-doubt about one's ability and/or achievements, believing they are due to luck or having successfully deceived others into thinking they are smarter or more capable than they really are. It's a prevalent feeling (especially amongst women); this fear of being exposed as a “fraud”. What is one time you have dealt with imposter syndrome and how did you cope? What would you do differently (if anything)? In this session, we will have a group discussion about personal experiences with imposter syndrome, whether related to work, dating, personal relationships, or other.

Dr. Sumun Pendakur, Chief Learning Officer, USC Race and Equity Center

Beyond the Status Quo: Women's Leadership with Purpose

You've seen this time and time again: people get excited that a woman has been selected for a leadership role. But that particular woman continues or reinforces the same status quo policies that have existed in perpetuity. There is no guarantee that simply being a woman in leadership means that the outcome will be different! So what does it mean to lead with specificity and inclusivity? What skills do you need to continue to hone so that your path does not reproduce the ills and mistakes that have come before? These questions lie at the heart of the exploration of socially conscious women's leadership. Join me for a hands-on workshop to delve into YOUR assets and blindspots on your leadership journey, as well as gain concrete tools for the way forward. Don't simply replicate what has come before. Let's tackle the rich opportunity that exists for all of us – to be leaders, change agents, and pathbreakers for so many who need you to be far more than what currently exists.

Kelsey Domann-Scholz, Counselor/Consultant/Activist, Wild Fern Counseling, PLLC

Healing from Diet Culture: Making the World Safer for All Bodies

Our culture demands that women get smaller, not only in terms of our waist size, but also in our words, actions, and presence. Kelsey Domann-Scholz, an eating disorder therapist who operates from an *Intuitive Eating and Health at Every Size* perspective, invites you to make peace with food and your body by tuning into your body's inner wisdom and rejecting toxic diet culture. Participants will learn about the ways in which systems of oppression contribute to certain bodies being valued more than others and the far-reaching impact that can have on individual and collective health outcomes. The session will also highlight strategies to challenge these systems in order to slowly shift our homes, workplaces, and social groups towards weight neutrality and body acceptance. Kelsey blends experiential mindfulness and embodiment exercises with tender, personal storytelling and scientific research as she calls participants to ditch diet culture and move towards an attitude of body liberation for ALL bodies.