Conference Schedule

12:30pm-2:00pm Resource Fair
Union Corridor

1:00pm-2:00pm Registration/Refreshments
Union Lobby

2:00pm-2:10pm Welcome by Lilly Kanishka
Student Leader University of Utah
Union Ballroom

2:10pm-2:45pm Keynote Nona E. Richardson
Senior Associate Athletic Director/
Senior Women Administrator
Union Ballroom

2:45pm-3:00pm Break

3:00pm-3:50pm Workshop Session 1
See breakout descriptions below

4:00pm-4:50pm Workshop Session 2
See breakout descriptions below

5:00pm-5:50pm Workshop Session 3
See breakout descriptions below

5:50pm-6:00pm Conference Close
Union Ballroom
**Workshop Session 1**

**3:00pm-3:50pm**

**B.U.I.L.D for Success!** by Lori Kaczka (Architectural Project Manager) with Planning, Design and Construction

Throughout my career, my experiences in the AEC-Architectural, Engineering and Construction industry have shaped my thought process to achieve success in the field and respect of my colleagues. By building a thought process, foundation and framework of collaboration you can maximize your effectiveness in a rapidly evolving, professional environment in any given industry.

BUILD: Believe in the process, Understand the task, Inquire of others, Listen to learn, Discover the journey.

**Learning Outcomes:** Attendees will gain a greater perspective of how passion, perseverance, dedication and commitment can help break through barriers in any given industry.

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**Strengthening the Financial Security of Womxn** Ann House (Accredited Financial Counselor and Educator) with the Personal Money Management Center

This workshop will be a fun and practical way to learn about money habits, your attitudes towards money, and ways to be financially successful as a womxn. We hope to give participants ideas of how to help other womxn find ways to help each other rise, beyond “Let me know if you need anything”. How can we help one another with financial goals, asking for a raise at work, and being financially independent?

**Learning Outcomes:** Attendees will be able to gain insight on their habits and attitudes surrounding money, and how that affects their financial security, earning potential, and other sometimes unintended ramifications. Attendees will be taught and also find ways that we can support one another in the workplace and in our financial lives beyond lip service and make money a less taboo subject that we should be talking about. Attendees will be able to find practical ways to save and invest money, and budget in simple ways. Attendees will be able to begin creating short- and long-term financial goals.

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**Muslim Girls on Campus: Let’s Talk About It** Satin Tashnizi (Executive Director) and Nora Abu-Dan (Co-Founder) with the Emerald Project

We host dialogues with the community having substantive dialogue on a wide range of topics regarding Islamophobia, and Identity. All 3 founders of our organization are women. In this presentation we would arrange the girls in a circle and host a conversation about identity and facilitate a safe space where participant can talk about their own experience and ask questions about Islam and Muslim girls including (hijab, religion, identity, being college, and any other topics that may come up).

**Learning Outcomes:** Attendees will walk away feeling like they understand Muslim girls, and what they can talk about or how to best ask questions about taboo topics. Ideally we will answer any pressing questions while hosting a space where Muslim students and non-Muslim students can talk about their experiences and have a conversation.

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Collegiate

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East Ballroom

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Parlor A
**Hammering Through the Concrete Ceiling** Natalie Pinkney (Campus & Community Recruiter) for Wayfair

For women of color, climbing the ladder in corporate America isn’t blocked by glass but concrete. With companies lacking mentorships and representation, picking a first stop on your career journey after college can feel worrisome when your success seems blocked from the start. In this session, we break down what these barriers are for women of color and discuss what it looks like to hammer through the concrete starting day one in your role.

**Learning Outcomes:** Attendees will be able to articulate the different barriers women of color face when starting a career in corporate America. Attendees will be able to learn best practices to overcoming and advocating for their career success within their new roles.

*Saltair*

**Boundaries, Not Barriers: How Effective Boundaries Shape a Strong Leader** Lindsey Kass (Assistant Director, Career Coach) and Jess Thayne (Career Ambassador) with the Career and Professional Development Center

Drawing boundaries can often feel like putting up walls or fences to keep others out. Learn from the Career & Professional Development Center how boundaries can enhance your skills as a leader by drawing people closer. In this session, we hope you will gain a better understanding of the importance of boundaries, learn tips and strategies on how to effectively set boundaries, and identify areas in your own life in which yourself and others could benefit from appropriate boundary setting to reach your full potential as a leader.

**Learning Outcomes:** Explain what boundary setting is, articulate how strong boundary setting equates to strong leadership, identify various types of boundaries, strategies to appropriately set boundaries, and situations in their own lives in which they could benefit from appropriate boundary setting.

*Center Ballroom*

**Pieces of the Puzzle: Solidarity Beyond Differences** Ashley Finley (Activist, Birth/Postpartum Doula, Performance Poet, Writer, Educator)

A deep look into how women and femmes from many different movements can work in solidarity towards collective liberation. We will explore the ways in which women from all racial/ethnic/cultural backgrounds and movements can achieve political, social, educational, professional advancement.

**Learning Outcomes:** Attendees will gain tangible and practical tools to pinpoint how their unique passions/work can contribute to the greater picture of advancement for women.

*West Ballroom*
Workshop Session 2  
4:00pm-4:50pm

**Leadership Rooted In Identity and Diversity**  
Harjit Kaur, Margaux Miller, Bushra Hussein, and Leen Samha with Bundle of Hers  

An honest and thought-provoking conversation about the challenges women and minorities face in the field of medicine.  

**Learning Outcomes:** Attendees will hopefully be able to recognize that they are voices of change. Leaders speak up when others stay silent. Consider the impact you can have with your words—you are an advocate for yourself and those who don’t have the resources, platform, or privilege to make their voices heard. Leaders are bold enough to question the status quo, and when necessary, be audacious enough to reject it.  

West Ballroom

**Elevating Bystander Intervention**  
Jenna Templeton (Health Educator), Maya Jolley (Health Educator), and Marissa Castillo with the Center for Student Wellness  

Bystander Intervention is a common and important tool in reducing harm, empowering students to intervene in problematic situations, and supporting their peers. In this session, our ACES Peer Health Educators will demonstrate some of the important takeaways and considerations with Bystander Intervention trainings. To elevate the conversation and dialogue, we will discuss Bystander Intervention as a leadership tool, especially in regard to violence against women, sexism in the classroom and more.  

**Learning Outcomes:** Attendees will be able to 1) Summarize the 5 steps of the Step Up! Model + the 5 Ds. 2) Identify barriers to intervening. 3) Recall campus resources. 4) Recognize the impact of social norming and how it increases problematic situations. 5) Explore how Bystander Intervention is a leadership tool to actively address problematic situations that women consistently face in the community, at school, and in the workplace.  

Center Ballroom

**Leaders Among Chicanas**  
Zitlalli Herrera (GA for Programming Assistant) with Student Leadership and Involvement, Yajanetsy Ruano (GA Safe@Weber) with the Weber State University Women’s Center, and Brenda Santoyo (GA with the Dream Center)  

It is no secret that the Chicano Movement played an important role in fighting for student access to higher education. However, little is spoken about the leadership Chicanas demonstrated throughout the movement. In this presentation, we will explore the history of our Chicana leaders, speak about our personal experiences navigating higher education as Chicanas, and reinforce the different characteristics and values that Chicanas can embody as leaders.  

**Learning Outcomes:** Attendees will be able to identify different Chicana leaders during the Chicano Movement, outline different characteristics that Chicana leaders possess, recognize various Chicana leaders in Utah.  

Saltair
**Women and Shame: Navigating Shame Culture and Building Resilience!** Aarati Ghimire (Mental Health Therapist)

According to Brene Brown Shame is the intensely painful feeling or experience of believing we are flawed and therefore unworthy of acceptance and belonging. While Shame is a universal feeling/experience, women in particular tend to experience shame far more than anyone else. All the “shoulds” that women are expected to be (a good mother, a great wife, great body, soft spoken,) and society’s unrealistic expectations on women to be “certain way” can trigger profound shame which unfortunately leads to women believing that they are incapable, flawed and hence unworthy of acceptance and belonging. Hence, it is important for women to understand this emotion and learn to navigate shame culture to live to their full potential and be whoever they want to be without feeling shame. In this workshop, we’ll talk about shame, its negative impact and ways we can navigate shame culture.

**Learning Outcomes:** Attendees will be able to learn about the emotion of shame and its impact on mental health, navigating the culture of shame, and tools and skills to build shame resilience.

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**“Dressing like a Congresswoman.” The importance of Authentic Representation** Cha McNeil (Resident Director) with Housing and Residential Education

Importance of Gender, religious, and ethnic representation in mass media have been hot topics for many years. In this presentation, we will be analyzing representation using three examples: Congresswoman Alexandria Ocasio-Cortez, the Marvel movie “Into The Spider-Verse”, and a 2012 interaction between a young boy and president Barack Obama. Through these examples, we will examine how we bring ourselves to the tables at which we sit and what strategies we can use to help each other bring our authentic selves to the table.

**Learning Outcomes:** Attendees will be able to identify 1-3 strategies that can use to feel comfortable bringing their identities into the work space. Attendees will be able to identify 1-3 strategies that they can use to assist people from underrepresented communities feel safe in their work space. Attendees will be able to leave with resources to help expand their knowledge on the topic.

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**For Women, By Women: Celebrating Campus Author Events** Heidi Booth (Books Manager) University of Utah Campus Store

Throughout history, women authors have been breaking barriers, changing the rules, and challenging the status quo through their writing. This constant transformation has changed the landscape of literature, and in turn, our culture and history. Despite their global impact, women authors are often underrepresented in publishing, bestseller lists, and literary awards. In this breakout session we will have the opportunity to honor everything women authors have done, both for readers and for the world.

**Learning Outcomes:** Attendees will learn about women authors who have been invited to speak at the University of Utah, discuss their works and acknowledge their contributions.
Workshop Session 3

Lady Boss: How to Be a Successful Woman in a Male-Dominated Workplace Kayli Duprest (Executive Administrator) Mobaliz

My name is Kayli and I am an Executive Administrator at a Provo non-profit organization called Mobaliz. I am the only woman in my workplace, so although it can be fun being the boss, sexism in the workplace, whether subtle or overt, can seem nearly impossible to overcome. Through this workshop, I want to encourage women to find their passion, embrace their femininity, and prove that women can be just as effective bosses as men.

Learning Outcomes: Attendees will be able to learn how to find their passion, find and explore career and internship opportunities, and how to manage sexism in the workplace.

How to Unlock Your Potential Through Movement Laura Owen (Owner) with Pink Iron

Everything you’ve always wanted is already inside you - now you just have to figure out a way to tap in and unlock it! We’ll spend time discussing what stops us, how to move that roadblock, and how to get the MOST from this incredible life, while also incorporating movement, stretching, and postures you can do at your desk, in the office, and at home.

Learning Outcomes: If you take nothing else from the class but this, consider it a success - knowing that you TRULY can change your moment, your day, your LIFE by pausing, breathing, and just hitting the mental "reset" button.

I Don’t Have to be Loud, to be Heard Andrea Salcedo (First-Year Diversity Scholars Graduate Assistant, Center for Ethnic Student Affairs) and Abigail Romero (Engagement & Retention Graduate Assistant, Center for Ethnic Student Affairs)

Throughout our experiences as Latinas and introverts, we have had to navigate spaces that are predominantly catering to extroverts and that use extroversion as an example of success. We will be discussing the deficit lens involved in viewing introverts and women of colors’ pathway to leadership positions.

Learning Outcomes: Attendees will be able to reflect on how their spaces may cater to extroverts through their practices and norms. Attendees will be able to consider the different pathways to success beyond extroversion.
**Building a Team and Building Yourself**
Karen Marsh Schaeffer (Director, English for Academic Success), Vicky Wason (Department of Linguistics), and Amber Christensen (Department of Linguistics) from the University of Utah

A good leader promotes an environment of openness and creativity. For some of us, those skills do not come naturally. This workshop will lead you through two activities designed to help you strengthen your teambuilding strategies, creativity, and cultural openness. Participants will apply the lessons learned in the hand-on experiences to leadership situations and goal setting for yourself and others.

**Learning Outcomes:** Participants will be able to analyze their own teamwork styles and determine a strategy for fostering creativity in teams while participating in the marshmallow challenge. Participants will assess the value of creativity through risk taking, and innovative thinking. Participants will be able to build cultural self-awareness and openness through an activity designed for discussing biases and organizational behaviors. Participants will apply information in the workshop to list three goals for developing leadership in themselves and in those around them.

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**Connecting Communities in the Outdoor Industry**
Zoe Worthington (Gearhead) and Berlin Jespersen (Gear Closet Specialist) with Backcountry.com

This presentation outlines the initiatives that support women and underrepresented groups in the outdoor industry and at Backcountry.com. Berlin and Zoe will describe their own professional experiences and how they have fostered partnerships with organizations to develop community at Backcountry.com. Finally, participants will define tools and tactics to network with leadership and create community at their own institutions.

**Learning Outcomes:** Participants will be able to: 1) Identify initiatives that support inclusivity in the outdoor industry. 2) Foster partnerships with community organizations and your institution. 3) Implement tools and tactics to network with leadership and push forward community programs you are passionate about. As a result of these outcomes women will feel empowered to rise up and take initiative both in the community and in their career.

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**Trusting the Process: Lift as You Climb**
Tawanda C Owens Ph.D. (Executive Director Diverse Student Advocacy) with the Office for Equity and Diversity

This presentation is made to inspire those who wish to be others-centered, to Lift as You Climb. With the assistance from the Tanner Dance Program this breathtaking presentation will sure to be a memorable and meaningful presentation.

**Learning Outcomes:** The attendees will be able to find ways to see others as a way of seeing themselves grow. The attendees will be able to learn in various settings allowing them to be present and responsible for their growth.