

Women's Conference – February 18, 2009

Celebrating Possibilities

BREAKOUT SESSION DESCRIPTIONS

Addressing the Big Squeeze: Strategies for Balancing Work and Caregiving (A7)

Facilitator: Barb MacLean

Feeling squeezed? You are not alone: one in four working Canadians experience high levels of caregiving strain – emotional, physical, financial family strain. With our aging population, eldercare is rapidly becoming the number one issue affecting our ability to find balance. This session will explore concrete strategies to help you reduce strain and stay strong. Handouts and action plans included to encourage proactive problem solving.

Celebrating our Journey Beyond Barriers (P1)

Facilitator: Kristi Falconer

Together we will celebrate the journey of three professional Deaf women from birth to present as they share with us their stories of hope, challenge, relationships and careers. This panel presentation will illuminate societal barriers and how these three women have overcome challenges through persistence, courage and determination. Following the panel, there will be an opportunity to ask questions to dispel some of those myths you once believed and gain a greater understanding of what it means to be Deaf!

Emotionally Empowering Ourselves (P7)

Facilitator: Sheila Sakiyama

Learn an exciting new tool to emotionally empower yourself! Self-administered emotional acupuncture will be taught and applied to issues such as self-esteem, fear of success/failure, procrastination, weight loss and more. Come learn a simple but powerful tool that will help unleash the amazing YOU that is hiding behind these blocks. Experience and learn through visual demonstrations, group activities and practicing of a fascinating technique that you can take back to your busy life to use and benefit from immediately.

EmPOWERment? Re-examining our Relationship to Power (P2)

Facilitator: Sarah Hunt

In this workshop participants will examine women's relationships with power, within the context of an intersectional analysis that considers a wide range of factors impacting our personal and professional lives. Women are often talked about as an oppressed group in society, without consideration of how many other intersecting factors (such as our racial and ethnic background, geographic location, class background, ability, and sexual orientation) impact our diverse experiences as women. In the workplace and in our personal lives, women are encouraged to take up positions of power, often without challenging the way we take up power in relation to those around us. Participants will investigate their own relationships to power and their levels of comfort in taking up positions of power in the workplace and in their personal lives. They will also examine how comfortable they are with being challenged by those around them if they are taking leadership in ways that reproduce unhealthy power relationships.

Entrepreneurship as an Opportunity for Women (A5)

Facilitator: Mia Maki

This session will explore entrepreneurship philosophically and practically looking at types of entrepreneurs and how women participate in entrepreneurship, as well as practical aspects of entrepreneurship, including different structures for businesses, business models and how to develop a hobby or an idea into a venture.

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Exploring UVic's Wellness Possibilities (A10)

Facilitator: Rebecca Chow

This workshop will provide you with an overview of wellness opportunities on campus followed by an opportunity to actively participate in one of three wellness activities.

- 1) Vikes Recreation facilities orientation and brief exercise class
- 2) UVic Interfaith Chapel orientation and mediation session
- 3) UVic Community Green Map orientation and tour of natural areas

First 15 minutes will be an overview of wellness opportunities. Amy, Henri and Sarah will then take their groups to ISC, Chapel and Social Science Mapping Lab. At the end of each session, participants will be asked – “What can I do to make this type of personal activity a habit? What would help me do this?”

“Feeling Responsible” to and for Others in Our Lives: A Workshop Exploration (A3)

Facilitator: Laura Funk

Feeling responsible for others is often ventral to the experience of family relationship, particularly for women socialized to attend to the needs of others. Feeling responsible is especially salient in caregiving situations involving aging parents. Workshop activities will promote personal reflection and group discussion about the meaning of responsibility in our own lives. To conclude the workshop, Dr. Funk will present finding from her dissertation research on adult children's sense of responsibility for aging parents.

Green Campus Walking Tour (P12)

It will include the built environmental as well as some of our natural and landscaped areas. The tour will showcase and feature a number of sustainability projects that are happening on the ground at UVic – including art installations, natural areas restoration, water conservation, transportation infrastructure and more. Buildings that will be featured include: Medical Sciences Building, Social Sciences and Mathematics Building, Administrative Support Building and First Peoples House of Learning. Participants will learn about the green features and design elements in each of these buildings and how they make our campus unique. Good walking shoes and weather appropriate apparel suggested.

Let's Talk Credit! (P3)

Facilitator: Julie Jaggernath

Turmoil in financial markets is projected to impact Canadians for some time to come. What do you need to know about credit and personal money management to weather the storm successfully? This interactive and friendly workshop will address how different types of credit affect you, how to get your own credit report (and why you should!), budgeting strategies that work, tips to avoid impulse spending, and what to do if you're facing difficulty paying your bills.

Moving Beyond Barriers: Changing What it Means to Be Blind (P5)

Facilitator: Elizabeth Lalonde

Elizabeth Lalonde, President of the Canadian federation of the Blind, will present on the topic of the organized blind movement in North America. Ms. Lalonde will discuss a positive perspective on blindness; the social model of blindness; and the activities, successes and challenges of this civil rights movement. Ms. Lalonde will talk about blind people's efforts to reduce the over 80 per cent unemployment rate of blind Canadians and banish the custodial model of blindness services and replace it with a positive and accountable model that promotes the independence, empowerment and equality of blind Canadians.

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Paths to Wellness and Workplace Balance are Many (P9)

Facilitators: Beverly Smith, Janice Martinez

Have you ever considered trying yoga? Have you ever wondered if yoga can help with wellness, balance and graceful aging? Come and experience some of the physical poses and centering techniques that Hatha yoga offers. Drs. Beverly Smith and Janice Martinez will discuss some of the health and relaxation benefits of yoga and guide you through some simple yoga practice so you can experience it for yourself. No prior experience, equipment, special clothing or minimum fitness level is required.

Reducing Stigma, Maximizing Possibilities: Mental Health in the Workplace (P10)

Facilitator: Lynn Roberts, Coast Capital Savings' Vice President, Human Resources

Acknowledged as a corporate leader in the area of workplace mental health awareness, Coast Capital Savings has taken a lead role in bringing forward the business case for addressing mental health and illness in the workplace.

Join Coast Capital Savings' Vice President of Human Resources, Lynn Roberts who will lead this introspective workshop and share the learning's that the credit union has taken away from the development of their mental health programs and initiatives. Working on the notion that the whole person comes to work each day, Lynn will also talk about why the current stigma surrounding mental illness is having a very real effect on the bottom line for business' across the province.

Robot Rescue Mission (A9)

Facilitators: Anissa St Pierre, Melissa Ozark

Fifty years ago, women were underrepresented in medicine; thirty years ago, in law. Today, women are underrepresented in technical fields. The industry now recognizes that women have much to offer, and they need our scientific skills and personal perspectives. Attend a fun Lego Robotics workshop designed to attract women to Engineering and Computer Science. In teams, you will build and program your robot to rescue people (marbles) across a river. No experience assumed.

Taiko Drumming: Making a Big Noise, Together! (A8 & P8)

Facilitator: Deborah Shepherd

Do you move to the beat of a different drummer? What if your drum is very big... and loud, like a Japanese taiko drum? To play taiko is to experience the sound of thunder. But to play "kumidaiko" or group taiko is to feel the power of many people playing as a force of one. Try it for yourself in the introductory taiko workshop taught by members of Victoria's Uminari Taiko.

The Power of Play: How Fun & Laughter Can Improve Your Life (P4)

Facilitator: Patti Jordanne

Often play is seen as something frivolous or something we do only when we have time. Research shows that play can sometimes improve our physical, emotional and mental health. It shows play boosts the immune system and improves our relationships, creativity, vitality, and spirituality. Alleviate the myriad of demands and stresses in life by discovering the many benefits of play, and learn how to immediately implement more fun and laughter into your everyday life in this experiential workshop.

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Thriving in the Modern Workplace: Applying Positive Research Results to Exceed Expectations (A4)

Facilitator: James Hill

We can engage employees in moving beyond wellness by using positive strategies that enable employees to thrive: meeting both personal and professional goals. This session will introduce concepts and strategies people can use to improve their daily life and broaden their possibilities – creating upward spirals in both work and home-life. With its scientific research base and practical focus, this approach goes beyond being simply good ideas – these are good ideas that work.

Totems Tour (A11 & P11)

Across the university campus are a number of totems and house post poles carved by various First Nation artists. Here is your opportunity to visit these totems as part of a guided tour and learn about the artists and carvers who created these works of art. Tour guides will take groups of 15 on a campus walk from totem to totem, including some indoor posts. The tour will conclude with a Maltwood Gallery Tour. Good walking shoes and weather appropriate apparel suggested.

Turning Dreams into Goals (A2)

Facilitator: Susan Corner

Life has a way of moving forward and sometimes, we can find ourselves thinking “I always planned to do...” but never made the time. Susan will share her own story, as well as a strategy she has used for changing personal dreams into goals. This workshop will allow participants time to explore their own dreams and begin a process of changing those dreams into goals.

Water Cooler Wasteland or When Raven Told Bear that Eagle Was Just a Duck (A6)

Facilitators: Yvonne Rondeau, William McGhee

Gossip. What comes to mind when you read the word? Are you intrigued to know the latest ‘news’ about absolutely everyone and everything? Or, does the idea of gossip offend you as a petty, cliquish waste of time? Is gossip a bad thing, a good thing or is it possible it can be both? Together in this workshop, we'll explore perceptions of gossip through exercises and improvisational activities. We'll also consider helpful responses to harmful and difficult instance of gossip by introducing non-violent communication skills, and seeing them modeled. Participants will come away with a broader perspective on the subject of gossip, and some tools to enhance communication not only in the workplace but in all aspects of life. Plus – this should be lots of fun!

Women in the Canadian Forces: Historical Lessons Learned (A1)

Facilitator: Sarah Buydens

This presentation provides an historical overview of women in the Canadian Forces from 1885 to present day. An exploration of gender segregation and its interaction with occupational gender role stereotypes foreshadows a discussion of the adversity women face entering non-traditional occupations. This talk forms a foundational understanding of how women have shaped this country through military involvement, and the adversity women faced entering this non-traditional occupation. It parts with lessons for history of resiliency, commitment and dedication.

Women, Wealth and Wellness (P6)

Facilitators: Wendy Lum and Carole Clement

Join workshop leaders Wendy Lum and Carole Clement and learn about creating a consciousness for Wellness and Wealth in your daily life. Find out about how *changing one habit* can alter the course of your destiny. Create the possibility of physical, mental, emotional and financial wealth and wellness. ‘What will you do with your one wild and precious life?’