



Engaging Women of Color in Public Service: Caring for Ourselves and Our Communities

Friday, June 2, 2023

Location: North Carolina Botanical Garden, 100 Old Mason Farm Rd, Chapel Hill, NC

8:30 AM Registration/Breakfast

9:00 AM Welcome and Introductions

9:10 AM Morning Session: Owning Your Impact with Confidence
Asila Calhoun and Joelle LaGuerre

Research consistently shows that women of color face unique challenges in the workplace due to inequities related to both race and gender. While these inequities are real and often pervasive, we are each called to claim our own lives – to take our power back and commit to living with purpose. Once we understand that the quality of our lives is largely influenced by our mindset, our focus, and ultimately our actions, we have the freedom to choose! This is where our impact lies.

In this session, participants will learn how to proactively create a fulfilling, meaningful, and healthy life by deciding to respond to their circumstances with accountability and fortitude. We'll discuss how to get clear on what you want, challenge negative thoughts, set boundaries, and practice gratitude.

Networking Lunch

1:00 PM Afternoon Session: Self-Care and Wellness
Shanna B. Tiayon

Given the many opportunities and challenges for women of color in public service, how can you create intentional space for your own self-care? In this session, participants will build skills and knowledge to support mental, emotional, and physical wellbeing. You will learn where you are on the well-being spectrum and leave with key strategies for managing your own self-care while caring for your community.

4:00pm Wrap-Up and Adjourn