



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.

12:00 PM Networking Lunch

1:00 PM Afternoon Session - Work/Life Synergy: Taking Care of Yourself While in Public Service
Shanna B. Tiayon

Public service roles can require a great deal of mental and emotional output, without a promised return on that investment. Women of color also experience both conscious and unconscious biases that can have an adverse impact on their work experiences. This session introduces the concept of work/life synergy, peeling back the layers of what it means to have a synergetic life that makes room for the work AND the woman doing the work. Participants will learn strategies to foster a synergetic life including understanding their current wellbeing, learning to recognize personal signs of distress, mapping out a game plan for a synergetic life, and learning reactive and proactive tools for stress management.

4:00pm Wrap-Up and Adjourn