

# Women's Symposium

#LiftEachOtherUp

Creative Leadership

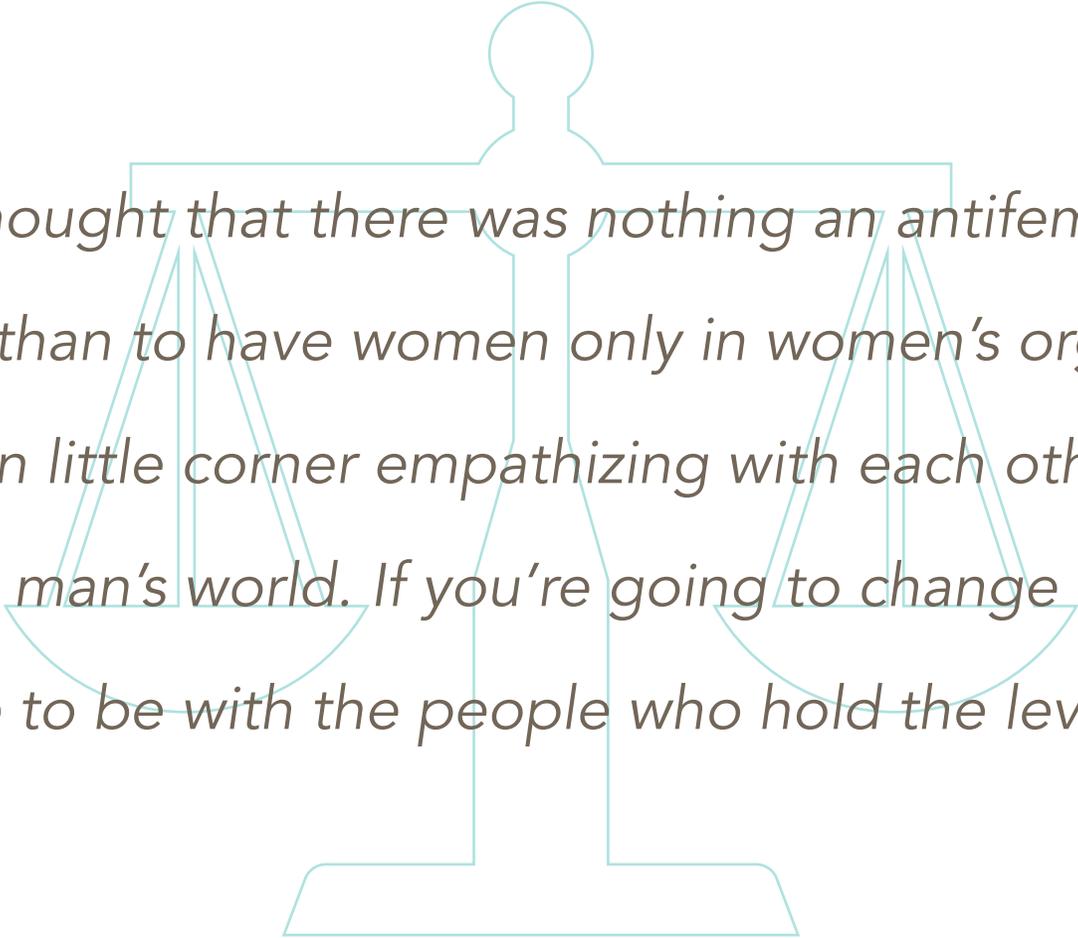
Oct. 24, Nov. 28, Dec. 12, 2022

Facilitated by [@cho\\_liz](#)

## PARTICIPANTS WILL:

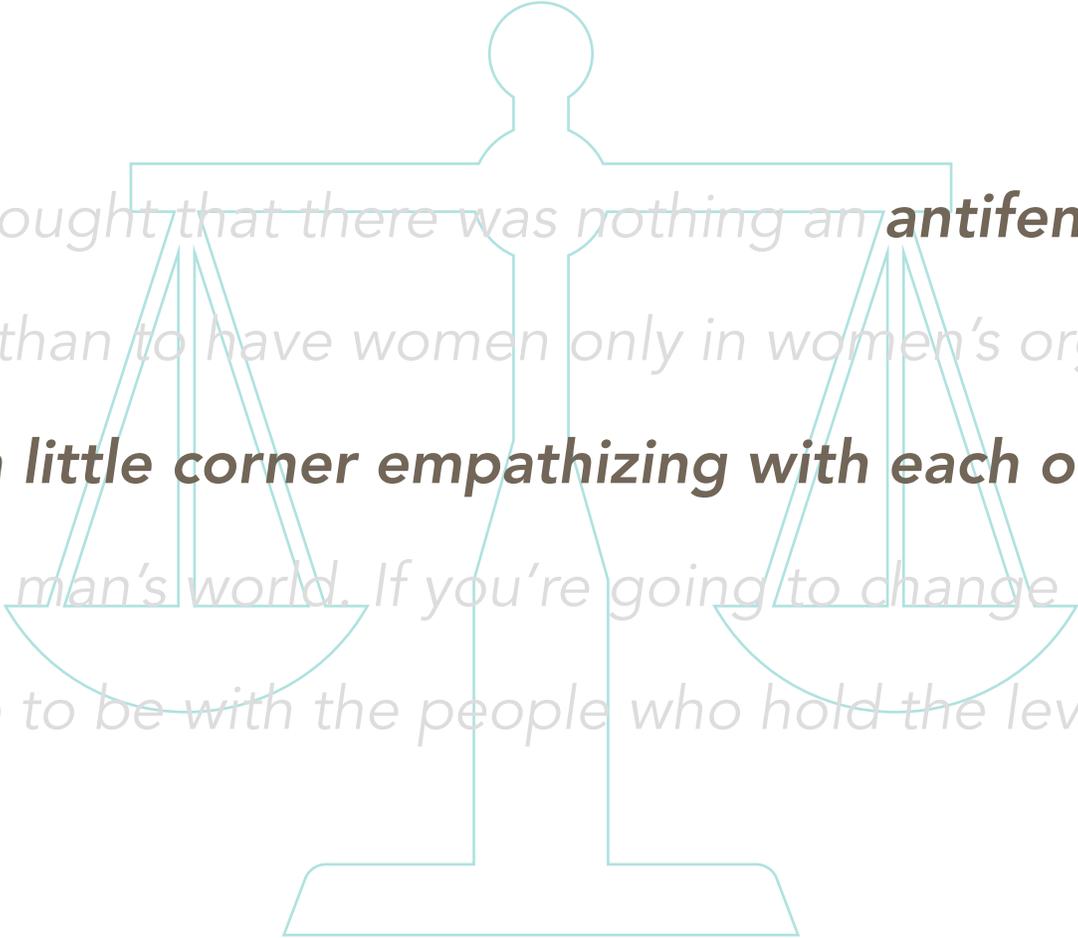
- Clarify their own WHY
- Set and commit to norms together
- Experience taking positive risks
- Define vulnerability and practice it

# Oct. 24 Objectives



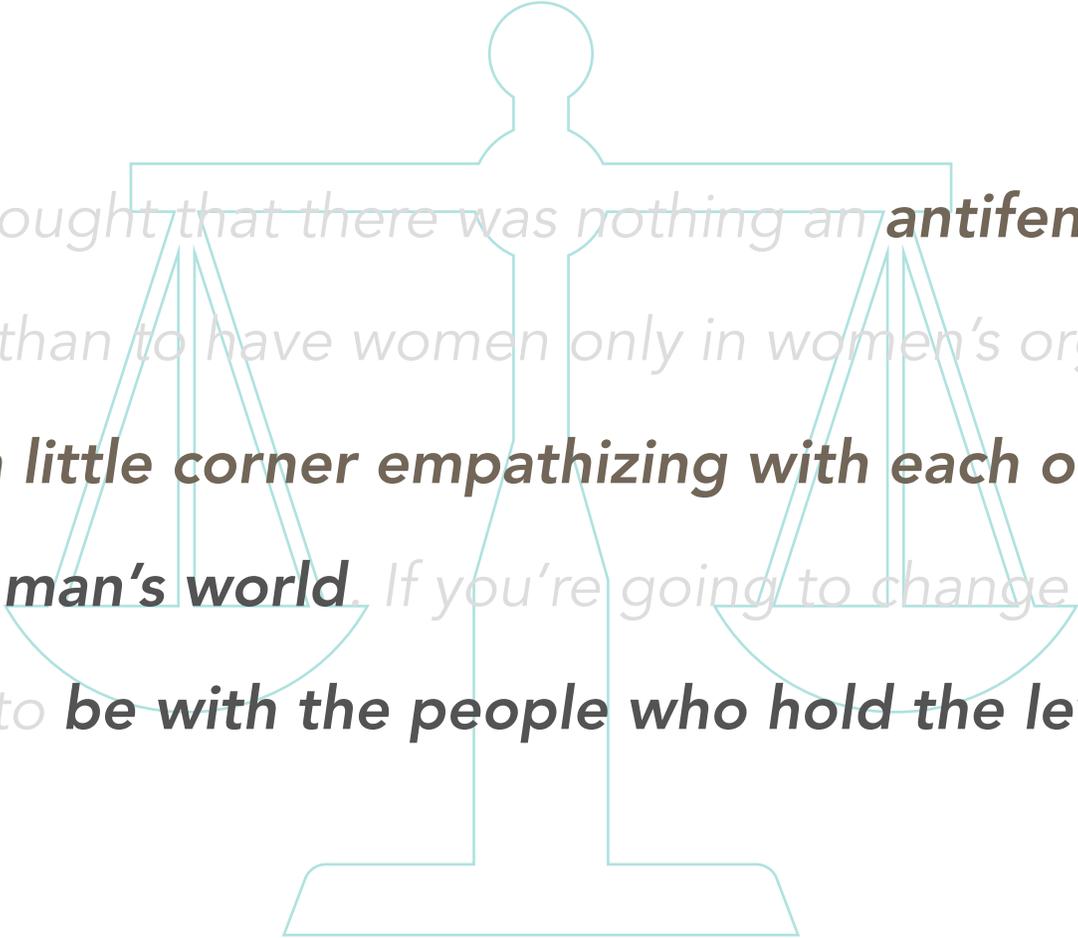
*"I always thought that there was nothing an antifeminist would want more than to have women only in women's organizations, in their own little corner empathizing with each other and not touching a man's world. If you're going to change things, you have to be with the people who hold the levers."*

# Oct. 24 Objectives



*"I always thought that there was nothing an **antifeminist** would want more than to have women only in women's organizations, **in their own little corner empathizing with each other** and not touching a man's world. If you're going to change things, you have to be with the people who hold the levers."*

# Oct. 24 Objectives



*"I always thought that there was nothing an **antifeminist** would want more than to have women only in women's organizations, **in their own little corner empathizing with each other** and not touching a **man's world**. If you're going to change things, you have to **be with the people who hold the levers.**"*

# Norms

Be present.

Listen to understand.

Speak to be helpful.

*What else should we add?*

# Setting Intentions

Why are you here?

What do you wish to get out of this seminar in our 3 sessions together?

What is your role in this seminar as a participant?

What do you perceive my role in this seminar to be?

What is our role as learners when it comes to application & action?



# Grounding

"This is the greatest invention in the world, because..."



# Grounding

“This is the greatest invention in the world, because...”



## How this works:

1. Name chosen at random
2. An image will show
3. Convince us by finishing the above stem with whatever you got
4. 25 seconds

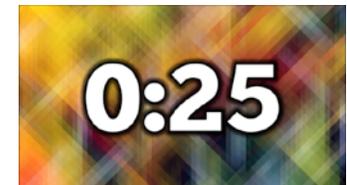
# Grounding

"This is the greatest invention in the world, because..."



# Grounding

"This is the greatest invention in the world, because..."



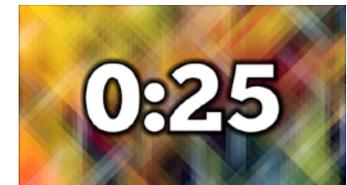
# Grounding

"This is the greatest invention in the world, because..."



# Grounding

"This is the greatest invention in the world, because..."



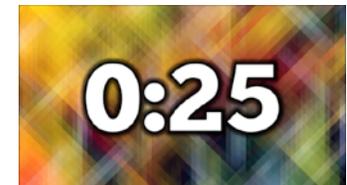
# Grounding

“This is the greatest invention in the world, because...”



# Grounding

"This is the greatest invention in the world, because..."



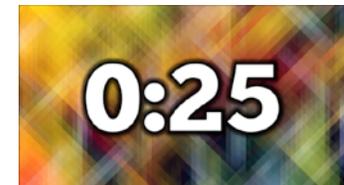
# Grounding

“This is the greatest invention in the world, because...”



# Grounding

“This is the greatest invention in the world, because...”



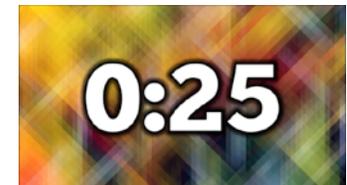
# Grounding

“This is the greatest invention in the world, because...”



# Grounding

"This is the greatest invention in the world, because..."



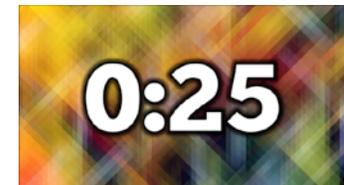
# Grounding

"This is the greatest invention in the world, because..."



# Grounding

“This is the greatest invention in the world, because...”



# Grounding

“This is the greatest invention in the world, because...”



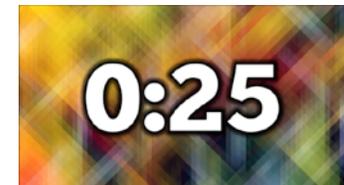
# Grounding

“This is the greatest invention in the world, because...”

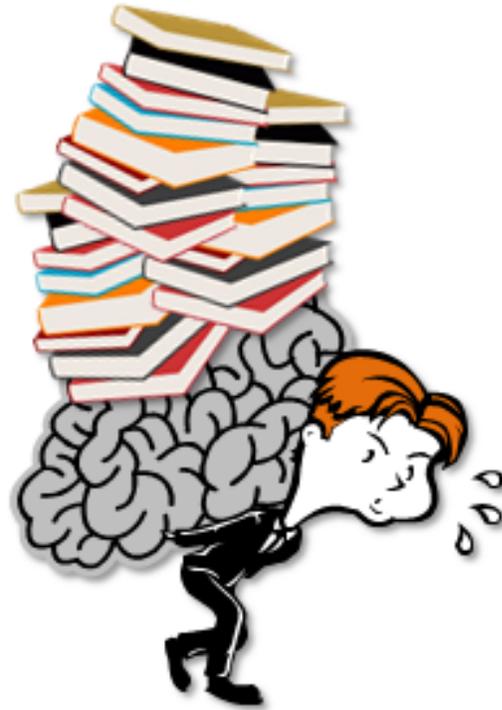


# Grounding

"This is the greatest invention in the world, because..."



# Grounding



*Don't strain the brain.*

# Grounding



***Train the brain.***

---

# Setting Intentions

Why are you here?

What do you wish to get out of this seminar in our 3 sessions together?

What is your role in this seminar as a participant?

What do you perceive my role in this seminar to be?

What is our role as learners when it comes to application & action?

# Setting Intentions

Why are you [at name-your-school]?

What do you wish to get out of this [team] in our [academic year] together?

What is your role in this [team] as a participant?

What do you perceive my role in this [team] to be?

What is our role as learners when it comes to application & action?

## **Vulnerability** def'n:

Uncertainty, risk, emotional exposure. Vulnerability takes "Courage"

"Courage" from Latin word "Cor", meaning "heart":

To tell the story of *who you are* with your whole heart.

# Vulnerability

Courage

Compassion

Connection

*Shame* : birth place of joy, **creativity**, belonging, love

“

I lost the fight [against vulnerability] but won my life back.

# Vulnerability

## Pitfalls:

~~Uncertainty~~  
Blame  
Pretense

# Vulnerability

## Pitfalls:

~~Uncertainty~~  
Blame  
Pretense

Validate.

Practice gratitude & joy.

Be kind & gentle.

*Learn & grow.*



“

Values are not just what we believe.  
It's how we show up *everyday*. [...]   
You can't even walk the talk unless  
you know what [your] values are.

# Values

*List of*  
**VALUES**

- Accountability
- Achievement
- Adaptability
- Adventure
- Altruism
- Ambition
- Authenticity
- Balance
- Beauty
- Being the best
- Belonging
- Career
- Caring
- Collaboration
- Commitment
- Community
- Compassion
- Competence
- Confidence
- Connection
- Contentment
- Contribution
- Cooperation
- Courage
- Creativity
- Curiosity
- Dignity
- Diversity
- Environment
- Efficiency
- Equality
- Ethics
- Excellence
- Fairness
- Faith
- Family
- Financial stability
- Forgiveness
- Freedom
- Friendship
- Fun
- Future generations
- Generosity
- Giving back
- Grace
- Gratitude
- Growth
- Harmony
- Health
- Home
- Honesty
- Hope
- Humility
- Humor
- Inclusion
- Independence
- Initiative
- Integrity
- Intuition
- Job security
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Legacy
- Leisure
- Love
- Loyalty
- Making a difference
- Nature
- Openness
- Optimism
- Order
- Parenting
- Patience
- Patriotism
- Peace
- Perseverance
- Personal fulfillment
- Power
- Pride
- Recognition
- Reliability
- Resourcefulness
- Respect
- Responsibility
- Risk-taking
- Safety
- Security
- Self-discipline
- Self-expression
- Self-respect
- Serenity
- Service
- Simplicity
- Spirituality
- Sportsmanship
- Stewardship
- Success
- Teamwork
- Thrift
- Time
- Tradition
- Travel
- Trust
- Truth
- Understanding
- Uniqueness
- Usefulness
- Vision
- Vulnerability
- Wealth
- Well-being
- Wholeheartedness
- Wisdom

*Write your own:*

---



---



# Values

Accountability	Competence	Family	<b>Humility</b>	Loyalty	Resourcefulness	Thrift
Achievement	Confidence	Financial stability	Humor	Making a difference	Respect	Time
Adaptability	Connection	Forgiveness	Inclusion	Nature	Responsibility	Tradition
Adventure	Contentment	Freedom	Independence	Openness	Risk-taking	Travel
Altruism	Contribution	Friendship	Initiative	Optimism	Safety	Trust
Ambition	Cooperation	Fun	Integrity	Order	Security	Truth
Authenticity	Courage	Future generations	Intuition	Parenting	Self-discipline	Understanding
Balance	Creativity	Generosity	Job security	Patience	Self-expression	Uniqueness
Beauty	Curiosity	Giving back	Joy	Patriotism	Self-respect	Usefulness
Being the best	Dignity	Grace	Justice	Peace	Serenity	Vision
Belonging	Diversity	Gratitude	Kindness	Perseverance	<b>Service</b>	Vulnerability
Career	Environment	Growth	Knowledge	Personal fulfillment	Simplicity	Wealth
Caring	Efficiency	Harmony	Leadership	Power	Spirituality	Well-being
Collaboration	Equality	Health	Learning	Pride	Sportsmanship	Wholeheartedness
Commitment	Ethics	Home	Legacy	Recognition	Stewardship	Write your own
Community	Excellence	Honesty	Leisure	Reliability	Success	
Compassion	Fairness Faith	Hope	Love		Teamwork	



# Values

- Accountability
- Achievement
- Adaptability
- Adventure
- Altruism
- Ambition
- Authenticity
- Balance
- Beauty
- Being the best
- Belonging
- Career
- Caring
- Collaboration
- Commitment
- Community
- Compassion
- Competence
- Confidence
- Connection
- Contentment
- Contribution
- Cooperation
- Courage
- Creativity
- Curiosity
- Dignity
- Diversity
- Environment
- Efficiency
- Equality
- Ethics
- Excellence
- Fairness Faith
- Family
- Financial stability
- Forgiveness
- Freedom
- Friendship
- Fun
- Future generations
- Generosity
- Giving back
- Grace
- Gratitude
- Growth
- Harmony
- Health
- Home
- Honesty
- Hope
- Humility
- Humor
- Inclusion
- Independence
- Initiative
- Integrity
- Intuition
- Job security
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Legacy
- Leisure
- Love
- Loy
- Making a difference
- Nature
- Openness
- Optimism
- Order
- Parenting
- Patience
- Patriotism
- Peace
- Perseverance
- Personal fulfillment
- Power
- Pride
- Recognition
- Reliability
- Respect
- Responsibility
- Risk -taking
- Safety
- Security
- Self-discipline
- Self-expression
- Self-respect
- Serenity
- Service
- Simplicity
- Spirituality
- Sportsmanship
- Stewardship
- Success
- Teamwork
- Time
- Tradition
- Travel
- Trust
- Truth
- Understanding
- Uniqueness
- Usefulness
- Vision
- Vulnerability
- Wealth
- Well-being
- Wholeheartedness
- Write your own



# Wrap Up

Checking in: Have we...

- Clarified your own WHY?
- Set and committed to the norms together?
- Experienced taking positive risks?
- Defined vulnerability and practiced it?

# Homework:

I thought it was a good idea to...

I realized that it wasn't a good idea when...

If I could go back to that moment, I would now...