



- The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM



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presents

Reflect and Recharge

Facilitated by Homa Tavangar

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SCHOOLS SERVICES
Making a world of difference



Let's check in.
In the chat please add an
adjective **describing**
how you are feeling
about the new school year...

Confident and grateful to our team

Energised and apprehensive

Focused and excited

Frazzled but grounded

Curious and Patient

Uncertain but energized and confident

Grateful and a bit apprehensive

Relieved

Tired but happy

Overwhelmed

How are you feeling

Determined

Uncertain

about the new school year...

Anxious

Grateful

Relieved and sympathetic

Energized but uncertain

Empowered

Hopeful and intrigued

Relieved, exhausted

Grateful and also a bit anxious and very excited

Ready to support



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Celebrating A Century of Suffrage...



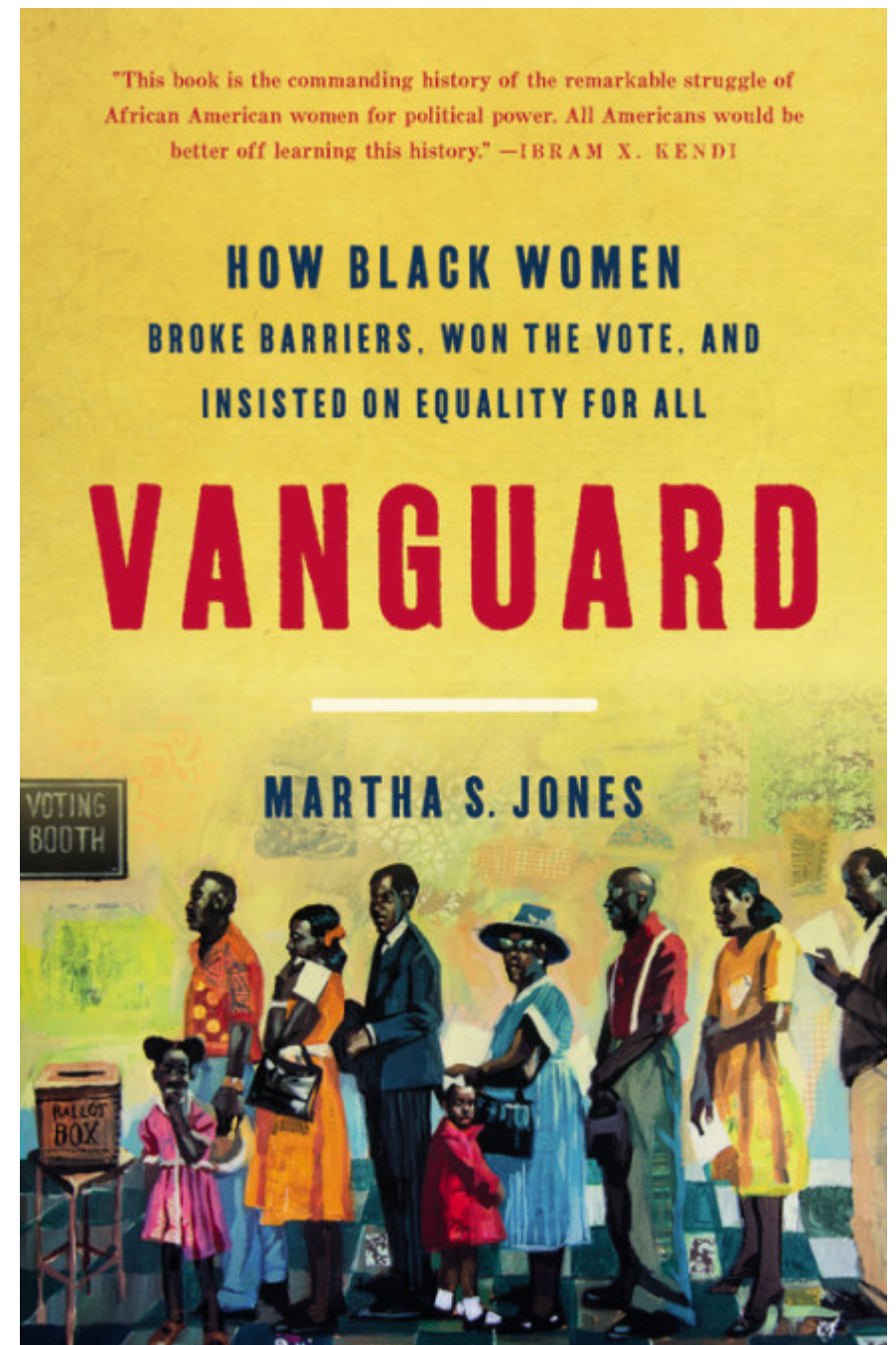


Women's Right to Vote TIMELINE – A Complicated History

- 1893: Women voting in the then British [colony of New Zealand](#).
- 1894-1911: Suffrage for non-Aboriginal women in Australia.
- 1906: The Russian [Grand Duchy of Finland](#) became first in the world for racially-equal suffrage, with both the right to vote and to stand as candidates.
- 1917: Canada
- 1918: Britain and Germany
- 1919: Austria and the Netherlands
- 1920: United States (ineffective/uneven for Black women and men until 1965 Voting Rights Act)
- 1944: France
- 1952: Greece
- 1971: Switzerland
- 2015: Saudi Arabia



Roots of the suffrage movement can be traced to the **abolition** movement, whose champions called for gender equality alongside an end to slavery as early as the mid-19th century, when abolitionist Sojourner Truth delivered her historic “Ain't I a Woman” speech at the 1851 Women's Convention in Akron, Ohio. In 1866, the poet and abolitionist Frances Ellen Watkins Harper would deliver a rousing speech at the National Women's Rights Convention in New York City. This legacy of bold speech and action continued throughout the next century.





Opinion

When The Times Opposed Women's Suffrage

I am not proud of all my predecessors' views.



By Kathleen Kingsbury
Acting editorial page editor.

Aug. 17, 2020



The New York Times

The Women Who Fought Against the Vote

To understand the suffragists, and why their battle took so long, you also have to understand the anti-suffragists.





July 1848





Courageous women – continually shining a light...



**We are here to
hit the pause
button ...**



**Self-care can be an
act of courage –
and even rebellion**



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Breathe...





Silence as an act of

- *Presence*
- *Listening*
- *Humility*
- *Reflection*
- *Rooting*
- *Calming*
- *Honoring*
- *Restoring*

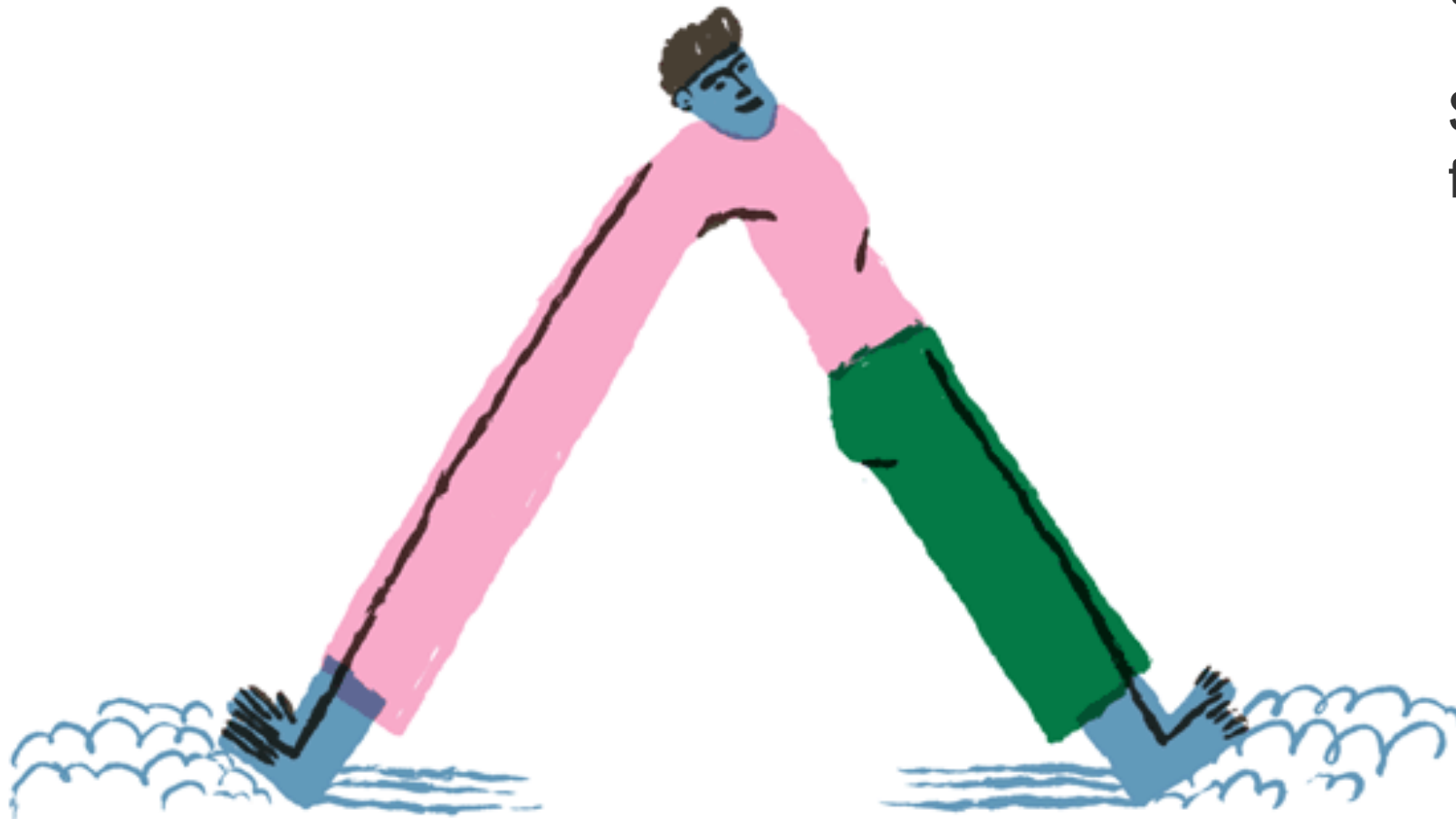


Some ways to energize, reset stress...



“As long as you are breathing, there is more right with you than wrong with you.” Jon Kabat-Zinn

Slowing breathing can significantly benefit the respiratory, cardiovascular, cardiorespiratory and autonomic nervous systems – and promote tranquility. [Source](#)



Practice Anchoring – body, mind, emotions:

Start by digging your heels into the floor.

Then observe: What am I thinking?

Feeling in my body? Doing?

Then ask yourself: Is my response:

A) Helpful? B) Aligned with my

values now? Or C) Related to

future worries or a past problem?

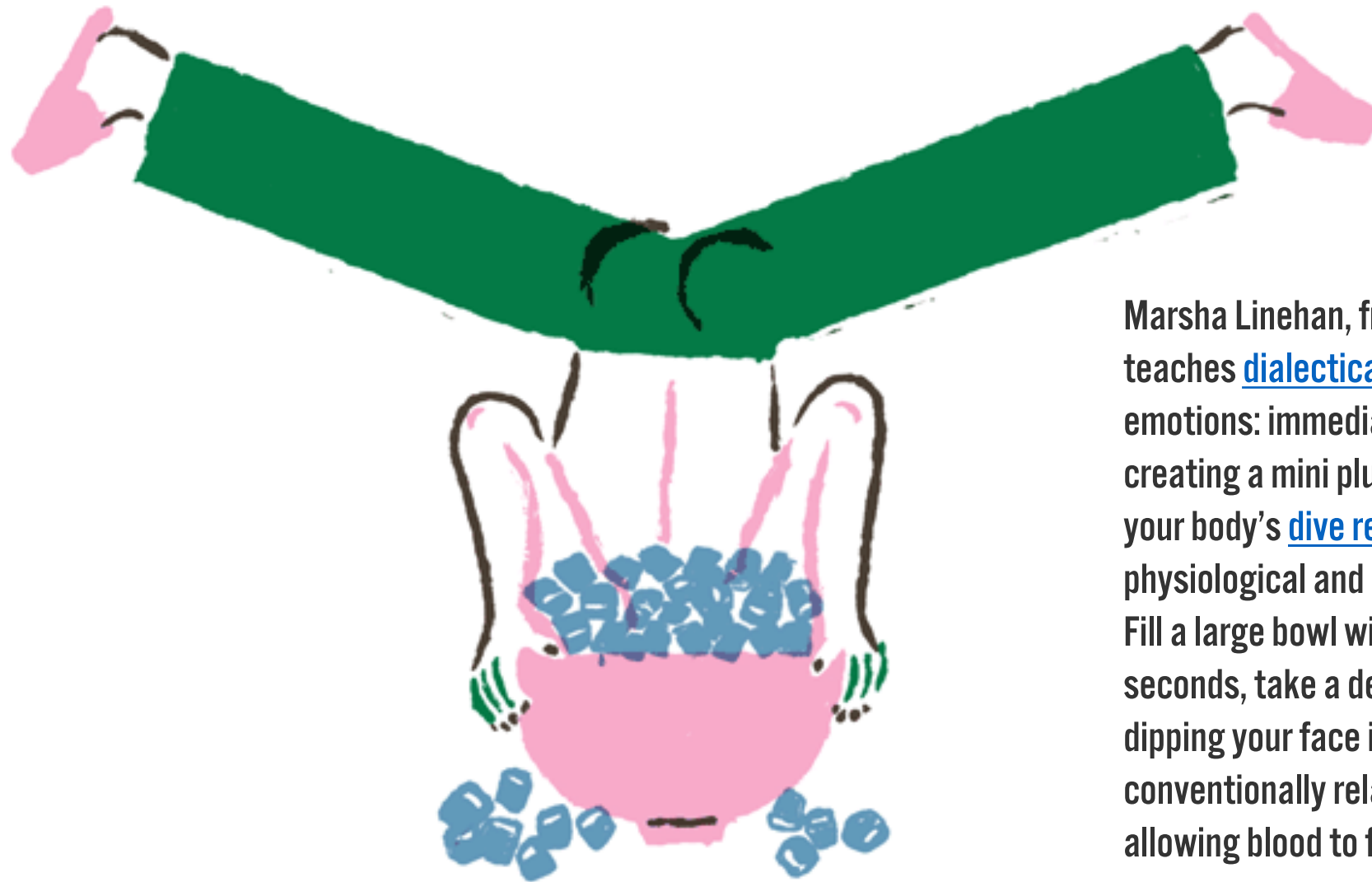
While we can get stuck in specific thoughts, stepping back to more generally decide if those thoughts are helpful can get us out of rumination mode.





Music Medicine <https://www.youtube.com/watch?v=UfcAVejslrU>

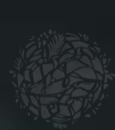




Marsha Linehan, from U of Washington, teaches [dialectical behavior therapy](#) to regulate intense emotions: immediately lower your body temperature by creating a mini plunge pool for your face. This activates your body's [dive response](#), which dampens your physiological and emotional intensity. Fill a large bowl with ice water, set a timer for 15 to 30 seconds, take a deep breath and hold your breath while dipping your face into the water. This isn't conventionally relaxing, but it slows your heart rate, allowing blood to flow more easily to your brain.

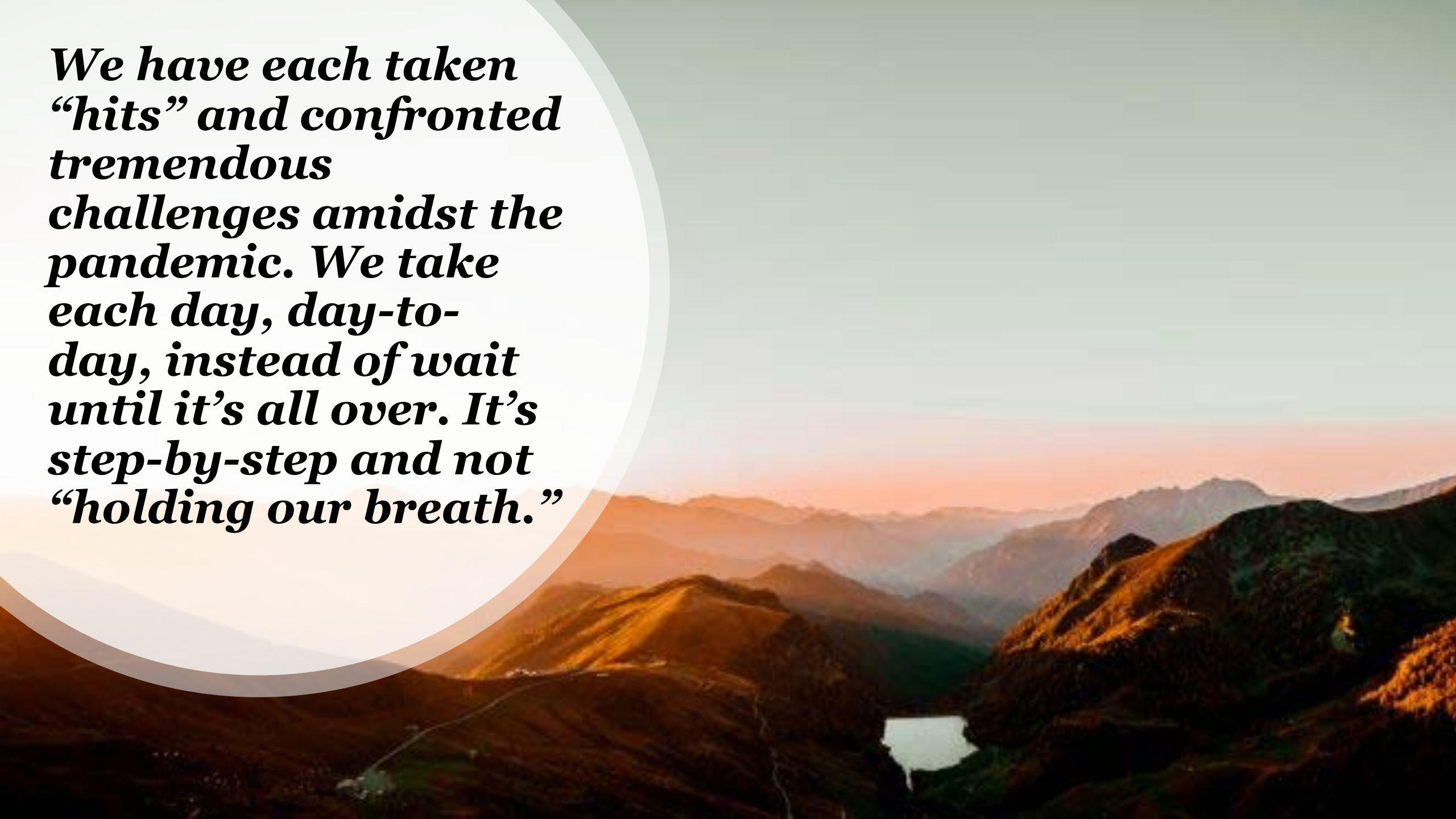


Practice Sleep Hygiene



THEY WHISPERED TO
HER, "YOU CAN'T
WITHSTAND THE
STORM."
SHE WHISPERED BACK,
"I AM THE STORM."

***We have each taken
“hits” and confronted
tremendous
challenges amidst the
pandemic. We take
each day, day-to-
day, instead of wait
until it’s all over. It’s
step-by-step and not
“holding our breath.”***





Break-out Rooms:

*What is energizing you these days?
How might you make more space
for yourself – your energy, your
voice, your instincts?*



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Reflections on break-out discussions...





Before we check out:
in chat please share a
word about how you
are you feeling now.

Gracias, Merci, Xiè xiè, شكراً, Thanks!

To reach Homa:
homatav@growingupglobal.net

Calm

Synergy

Inspired

Connected
to others

Optimistic
and calm

Rejuvenated

Calm..
and a bit
tired

Connected

Feeling
calm and
restored

Calm and
connected

Before we check out:
in chat please share a
word about how you
are you feeling now.

Grateful

Surprisingly
well and
calm

Encouraged

Optimistic



We will start at the top of the hour.
Please feel free to take a break, get a
snack, whatever you need. Or, stay with
us to visit until we begin our next
section, "Reinforce."



Reinforce – this is our time to
amplify experiences, voices,
reflections and to grow



Getting “Meta” on REINFORCE

This first session of the
REINFORCE gathering will
take a look at what
“Reinforcement” means,
how to get it in a positive
way, and where to look for
it.





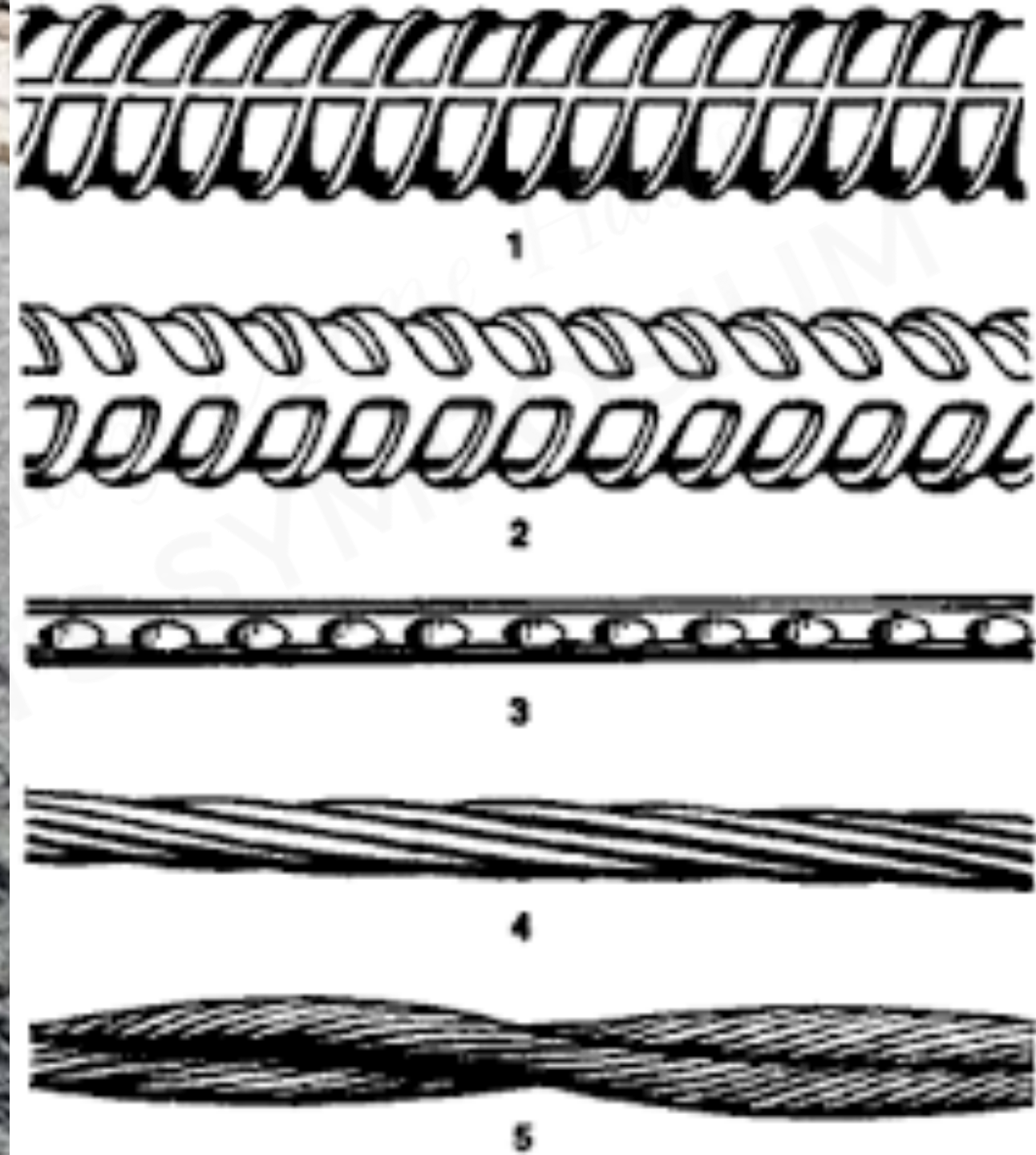
What Is Reinforcement?



gettyimages

Jonathan Alpeyrie

25 YEARS





What would
you want your
reinforcements
to look like?



(Other than
time) What do
you need
today?



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**Harvard
Business
Review**

CONFLICT

If You Feel Like You're Regressing, You're Not Alone

by [Merete Wedell-Wedellsborg](#)

May 22, 2020

Summary Save Share Comment Print **\$8.95** Buy Copies

[Link to article](#)



master1305/Getty Images

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CRISES HAVE 3 PSYCHOLOGICAL PHASES:

① EMERGENCY: Shared, clear goals & urgency make us feel energized, focused, & even productive.

② REGRESSION: We realize the future is uncertain, lose sense of purpose, get tired, irritable, withdrawn, and less productive.

MOST OF US
ARE HERE
RIGHT NOW

③ RECOVERY: We begin to reorient, revise our goals, expectations, & roles, and begin to focus on moving beyond vs. getting by.

ALL OF THIS IS NORMAL REACTION
TO ABNORMAL SITUATION.



For those who were able to cycle in to “Recovery”:

- What happened? Those who had been assigned new roles became motivated and energized and with a clear mandate. Everyone was happy not to waste time on non-value input. And the CEO got back “on the balcony,” to borrow a phrase from Harvard Kennedy School professor Ronald Heifetz on the importance of gaining perspective and spending time on the major issues the company is facing.
- *You can release energy by resetting your team structure and assigning new responsibilities to capable team members, allowing them to cross-cut stale hierarchies, rigid role definitions, and red tape.*
- *Hitting re-set as a means of re-energizing...*



Break-out Groups:

- Where do you see yourself in the Crisis continuum – Emergency? Regression? Or Recovery?
- How are you coping with the pressure of opening and how are you managing the many forces that pull you into “Regression”?



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Reflections



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Thank you!

Please reach out with any questions or suggestions:

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