

# Strengthening the Impact of Women

*Body Image, Crucial Conversations, and Perfectionism*

*Utah Women's Leadership Speaker & Dialogue Series*

March 7, 2017 (6:30-8:30 p.m.)  
*Ragan Theater, Sorensen Center, Utah Valley University*

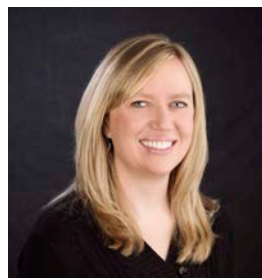
## Speakers & Workshop Facilitators



President Matthew  
& Paige Holland,  
*Utah Valley University*



Drs. Lindsay & Lexie  
Kite, PhDs,  
*Beauty Redefined*



Dr. Emily  
Hoffman, PhD,  
*VitalSmarts*



Dr. Kris Doty-Yells,  
PhD, LCSW,  
*Utah Valley University*

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[www.uvu.edu/uwlp](http://www.uvu.edu/uwlp)

This *Impact* evening will begin with a brief plenary session where President Matthew Holland and First Lady Paige Holland will discuss the importance of a college education for women. This will include information about how education can help women strengthen their impact in homes, churches, schools, communities, and beyond. Attendees will then join one of three workshops to learn more about how to strengthen their own influence (and that of other girls and women) in the following ways: 1) Beauty Redefined: The Impact of Body Image on Girls and Women, 2) Crucial Conversations: Strengthening the Impact of Women, and 3) The Impact of Perfectionism on the Wellbeing of Women. See the following page for workshop descriptions and a brief bio for each of these engaging and knowledgeable presenters. Come and learn how you can be a positive influence in the world. Women (12 years and older) and those who influence them are invited (this means men are welcome too)!

This event will conclude with light refreshments as attendees dialogue about what they have learned. The event will live stream (more info to come). Video recordings of the event will be available at [www.uen.org](http://www.uen.org) and also rebroadcast on UEN-TV channel 9.1. Come listen, ask questions, and learn!

## Workshops (Choose One)

### **Beauty Redefined: The Impact of Body Image on Girls and Women**

*Drs. Lindsay & Lexie Kite, PhDs, Founders of Beauty Redefined Foundation*

Studies show the majority of girls and women live in a state of self-consciousness, where they constantly monitor their appearances for what they look like to outsiders. This leads to feelings of body shame and low self-worth, which are often dealt with through harmful ways of coping, such as disordered eating, opting out of social activities and exercise, self-harm, and dangerous and expensive cosmetic surgery. How do we overcome this negative posture of poor self-image and preoccupation with appearance? Identical twins Lexie and Lindsay Kite, co-directors of the nonprofit Beauty Redefined Foundation, will provide an engaging visual presentation on body image resilience, which their research shows is central to mental and physical health, confidence, happiness, and empowerment. They will share their initial studies integrated with the most current research available.

### **Crucial Conversations: Strengthening the Impact of Women**

*Dr. Emily Hoffman, MD, MBA, Master Facilitator of Crucial Conversations at VitalSmarts*

More than 30 years of research has shown that top-rated leaders routinely employ skills that turn diverse thought into synergy and synergy into results by mastering crucial conversations. In short, when the stakes are high, opinions differ, and emotions run strong, the best individuals speak up and encourage others to do the same (no matter the topic and situation); create an environment where people share their best ideas; make wise decisions; and then act on those decisions with conviction and speak persuasively. Dr. Hoffman will discuss how to have these conversations as women. Emily has an MBA from BYU and a Doctorate of Medicine from the University of Utah. She is currently the Vice President of Product Development and Client Delivery at VitalSmarts and leads all product teams, while working with clients to customize VitalSmarts products for their organizations.

### **The Impact of Perfectionism on the Wellbeing of Women**

*Dr. Kris Doty-Yells, PhD, LCSW*

Often women believe they have to try twice as hard to be considered half as good. While it is healthy to try to be “all you can be,” pushing yourself too hard can result in job and life dissatisfaction, strained relationships, and burnout. Dr. Doty-Yells will share her research results as she helps us understand what toxic perfectionism is, how to recognize it in our lives, and how to overcome it. By doing so, we will be free to develop healthy professional relationships and goals that will reveal our authentic, confident selves. Kris, a recovering perfectionist, applies her research to the local culture. Dr. Doty-Yells has a doctorate in social work from the University of Utah and a Master of Social Work from BYU. She is a licensed clinical social worker with a specialty in crisis intervention and does individual and group therapy.

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*Carolyn & Paul  
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