

# Impact Evening for Utah Girls & Women

*Mindfulness, Negative Interactions, & Leadership*

*Utah Women's Leadership Speaker & Dialogue Series*

Tuesday, January 30, 2018 (6:30-8:30 p.m.)  
*Ragan Theater, Sorensen Center, Utah Valley University*

## Speakers & Workshop Facilitators



Justice Christine Durham  
Former Chief Justice  
*Utah Supreme Court*



Kathie Debenham  
Professor of Dance  
*Utah Valley University*



Dr. Susan R. Madsen  
Professor & Speaker  
*Utah Valley University*



Heather Groom  
Former Deputy Campaign  
Manager  
*Governor Gary Herbert*

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**[www.utwomen.org](http://www.utwomen.org)**

This *Impact* evening will begin with a brief plenary session where Justice Christine Durham, Former Utah Chief Justice and Chair of the Utah Judicial Council, will discuss why and how Utah girls and women can influence and lead in a variety of ways, and how communities flourish when they do. She will share insights about the opportunities there are for women to make an impact in unique ways. Attendees will then join one of three workshops to learn more about how to strengthen their own impact (and that of other girls and women) in the following ways: 1) Mindfulness, Embodiment and Leadership—Presence in Leading and Living, 2) Understanding Women's Negative Interactions with Each Other, and 3) You Don't Have to Wait to Lead as Young Women. See the following page for workshop descriptions and a brief bio for each of these engaging and knowledgeable presenters and panelists. Women (12 years and older) and those who influence them are invited (this means men are welcome).

Our evening 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)

### Mindfulness, Embodiment and Leadership—Presence in Leading and Living

*Kathie Debenham, Professor of Dance, Movement Analyst and Somatic Practitioner*

Our bodies are the means by which we engage in the world, yet often we are unconscious of their deep wisdom and communicative power. Developing or increasing mindfulness requires that we integrate body, mind, and spirit—that we pay attention from all these ways of knowing and being. Because body and movement convey message and meaning, body-mind knowing can transform an individual's power to influence and lead. When individuals are aware of the ways meaning is read in the body they can become more effective in their interactions in the workplace, the community, and personal lives. Somatic experiences create bridges to greater self-awareness and increased integration, both critical to effective leadership and personal wellbeing. Kathie has presented and written extensively nationally and internationally on dance and embodied knowing.

### Understanding Women's Negative Interactions with Each Other

*Dr. Susan R. Madsen, Professor of Leadership & Ethics, Utah Women & Leadership Project Founder/Director*

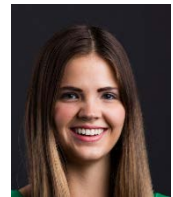
Have you observed or experienced women's negative interactions with each other? Do you think these types of interactions are conscious or unconscious? This engaging workshop will share research that will answer these and other questions focused on understanding such elements as gender differences with competition, intergender micro-violence, gendered contexts, the sisterhood stereotype, and female misogyny. Research states that when women's consciousness of these dynamics is raised, women's agency in their ongoing choices of how they relate to other women is also raised. Dr. Madsen is a well-known women's leadership global scholar; she has authored or edited six books and published nearly 200 articles, chapters, and reports on the subject.

### You Don't Have to Wait to Lead as Young Women

*Heather Groom (photo on front), Michelle Love-Day, Shelly Neilson, Dayan Bernal, & Kylie Tanner*



This panel is designed for middle school, high school, and college-aged young women interested in exploring ways to influence and lead **now** in a variety of settings (e.g., school, church, community, nonprofits). Heather Groom (Former Board Member, Utah State Board of Education; Former Deputy Campaign Manager for Governor Gary Herbert) will moderate and the panelists include: 1) Michelle Love-Day (Associate Director, Educational Equity, Granite School District; Former Elementary School Principal); 2) Shelly Neilson (Full-time Mom; Former Student Body President, USU; Small Business Owner); 3) Dayan Bernal (Founder & Former Executive Director of TeensAct; Analyst, Goldman Sachs); and 4) Kylie Tanner (Chief of Staff, Utah Student Organization; Assistant Clubs Coordinator, UVU).



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