October 2, 2019

Colleagues,

We have a number of announcements for October:

**First**, our next *Utah Women’s Leadership Speaker & Dialogue Series* free event is titled, “*Women’s Health & Well-Being: Strengthen Your Capacity to Influence and Flourish*.” If you cannot join us in person, you can RSVP to live stream in from anywhere! It will be held on Wednesday, Nov. 6 (6:30-8:30pm) at UVU. Dr. Barbara Wilson (Interim Dean and Associate Dean of Academic Affairs at the University of Utah College of Nursing) will give a short keynote, and then attendees can choose one of three workshops:

- Health & Well-Being for Young Women: What You Need to Know to Flourish (Holly Willard & Liz Darger)
- Real Tools for Women's Mental Health (Tiffany Roe)
- Women’s Health and Well-Being: Insights, Tips, and Tools (Dr. Susan Steffen, Dr. Heather Harrison, and Venice Wilkes (PA))

Check out our flyer for details on presenters and more information about the sessions. You can RSVP online now! Thanks to our three premier sponsors for our community events this year: Squire, L3Harris, and MX.

**Second**, we highlight three resources that may be of interest to you:

- **PODCAST:** Status of Women Leaders in Utah Business ([Direct Link](iTunes))
- **WCID:** [Spanish Translation] *What Utah Mothers Can Do To Strengthen the Impact of Their Daughters*
- **EVENT VIDEOS:** The Impact of Perfectionism on the Wellbeing of Women

**Third**, the community is invited to a *Women’s Leadership Forum* (Panel and discussion) titled “*Utah Women, Giving, and Identity: The Complexity of Philanthropy in Utah*” (Nov. 12, 3:30-5:00pm). Panelists will be Cynthia Gambill (Director of Philanthropy, Younique Foundation), Mary Crafts (Founder, Culinary Crafts), Shannon Toronto (COO, The Philanthropy Roundtable (2005-2013), and Jessica Farnsworth (Founder, 100 Women Who Care Utah Valley). RSVP at the link above.

**Fourth**, here are some important events that our partners are hosting:

- Oct. 11: *UWHEN 2019 Fall Event: Mastering the Habits that Hold Us Back* (University of Utah)
- Oct. 15: *Business Women's Forum Breakfast 2019: 10/15 Embody the Intangibles* (Salt Lake Chamber)
- Oct. 26: *RUN VOTE RUN 5k & Kids’ 1/4-mile* (Elect Women Utah, East Riverfront Park South Jordan)
- Oct. 26: *YWCA MentorWalk* (Sugarhouse Park, SLC)
- Nov. 1: *UWHEN 2019 Fall Event: Gender Dynamics & Leadership* (Brigham Young University)
- Nov. 12: *Annual Fall Networking Social* (Real Women Run, Millcreek Canyon)

**Finally**, check out the following editorials and articles:

- [Susan Madsen: Opportunity is Knocking for Women in STEM](The Salt Lake Tribune)
- [Guest op-ed: Utah Education: Mind the Gap](Daily Herald)
Don’t forget about our community calendar that lists all of the women’s events and gatherings in the state. Enjoy September! Click here to let us know you want to receive these updates to your inbox.

Susan

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