

Strengthening the Impact of Girls & Women

Resilience, Social Media, and Unconscious Bias

Utah Women's Leadership Speaker & Dialogue Series

Thursday, September 14, 2017 (6:30-8:30 p.m.)
Ragan Theater, Sorensen Center, Utah Valley University

Speakers & Workshop Facilitators



Elaine Dalton
Board of Trustees
Utah Valley University



Dr. Matt Swenson
Pediatric Psychiatrist
Intermountain Healthcare



Sui Lang L. Panoke
Founder & Principal
Women Politics Media



Dr. Kyle Reyes
Special Assistant to President
Utah Valley University

RSVP at
www.uvu.edu/uwlp

This *Impact* evening will begin with a brief plenary session where Elaine Dalton, the UVU Board of Trustees Chair, will discuss why and how girls and women should prepare themselves to influence others by using their heads, hearts, and hands. 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) Building Resilience in Girls and Young Women, 2) Rethinking Social Media: Finding Your Voice and Identity as Young Women, and 3) Making the Glass Ceiling Visible: Unconscious Bias and Advancing Opportunities for Women. See the following page for workshop descriptions and a brief bio for each of these engaging and knowledgeable presenters. Women (12 years and older) and those who influence them are invited (this means men are welcome too)!

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 and also rebroadcast on UEN-TV channel 9.1. Come listen, ask questions, and learn!

Workshops (Choose One)

Building Resilience in Girls and Young Women

Dr. Matthew J. Swenson, MD, Pediatric Psychiatrist, Intermountain Healthcare Corporation

Conscientious parents want to raise happy, productive, and resilient children, but there is no one recipe for success. People are complicated, and individual life paths are influenced by genetics, neuro-development, environment, relationships, temperament, faith, and more. Yet we need not feel helpless or over-anxious! With the right framework, parents and other influencers can more accurately assess and respond to a child's needs, despite individual differences and circumstances. In this presentation, Dr. Swenson will review a framework for understanding human needs and motivations, and why a "needs-based" parenting plan is so important for the development of resilience, grit, wisdom, altruism, and joy. Dr. Swenson is a board-certified child and adolescent psychiatrist; he is also the medical director of the Intermountain Medical Group's Utah Valley Psychiatry and Counseling unit and is the current president of the Utah Academy of Child & Adolescent Psychiatry.

Rethinking Social Media: Finding Your Voice and Identity as Young Women

Sui Lang Liliu Pumehana Panoke, MPA, Founder of Women Politics Media & RE-Think Tank for Women

Having mixed feelings about social media? Do you love it one day and hate it the next? Social media serves as a powerful vehicle that gives voice to girls and women around the world. Yet, with this voice also comes personal responsibility, self-reflection, and the need to manage our emotions and behavior online by identifying solutions and coping strategies to strengthen our social media game. Join Sui Lang Panoke for an engaging and thought-provoking conversation aimed to challenge participants to rethink social media by exploring the opportunities and challenges girls and young women face in the digital space. Sui Lang is the Founder of Women Politics Media and the RE-Think Tank for Women through which she has trained thousands of women and girls around the world to find their voices, articulate their messages, and brand their identities.

Making the Glass Ceiling Visible: Unconscious Bias and Advancing Opportunities for Women

Dr. Kyle Reyes, PhD, Special Assistant to the President for Inclusion & Assistant Professor of Education

From an early age, we develop perspectives and beliefs about where we "fit" in the world. We think about where we belong, are valued, feel safe, and whether or not we are intelligent or competent enough to be successful. Research has shown that women often undervalue their sense of contribution, competence, and intelligence in professional settings. Such devaluation of women's own self-perspectives stems from a history of messages that overtly and subtly communicate value, contribution, and intellect according to gender. Dr. Reyes will discuss the need to check one's own lenses in an effort to break hidden assumptions and biases and will address ways that he has unpacked his own male privilege. Dr. Reyes has a PhD in Educational Leadership from the University of Utah and focuses his research on understanding the navigational processes of historically underrepresented students and professionals in educational systems.

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