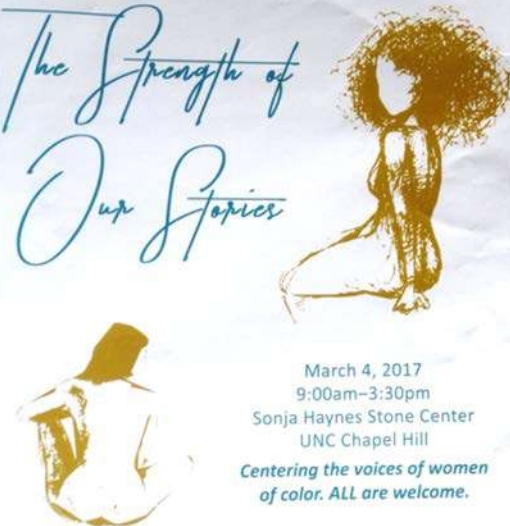


WOMEN OF WORTH CONFERENCE UNC-CH 2017

THE STRENGTH OF OUR STORIES

THE INAUGURAL (w) INITIATIVE CONFERENCE

*The Strength of
Our Stories*




March 4, 2017
9:00am–3:30pm
Sonja Haynes Stone Center
UNC Chapel Hill


*Centering the voices of women
of color. ALL are welcome.*

Register at: tinyurl.com/WConference2017

Sponsored by:



A LITTLE BACKGROUND INFORMATION

- Erica Wallace, Coordinator for Peer Mentoring & Engagement at UNC-CH's Center for Student Success and Academic Counseling, gathers a group of student leaders to write a Campus Action Project Grant for AAUW national.
 - Malia Suhren, a member of UNC's Women's Rugby Club, led the student group.
 - Dr. Gloria Thomas, Director, Carolina Women's Center advised the group.
 - Bea Keller, of AAUW-ODC, was AAUW liaison & helped edit the grant.
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THE CAP GRANT'S PURPOSE

UNC-CH's women of color and indigenous women (Black, Hispanic, Asian, Native American, Pacific Islander, Multi-Racial etc.) face many barriers. We cannot remove the barriers but we can give them the skills to navigate the barriers and contest them.



WOMAN OF WORTH AGENDA

Nov. 2016—Celebrating mental health awareness and providing a platform for women of color to speak on important issues they face

Dec. 2016—Hosting a de-stress fest prior to exams & reinforce the importance of a healthy lifestyle & social support during high-stress situations

Jan. 2017—Participants set SMART Goals (specific, measurable, attainable, realistic & timely)

Feb. 2017—Guest speaker Byllye Avery, a MacArthur Fellow, conveys the importance of a healthy lifestyle

Mar. 2017—Campus-wide conference with the focus of promoting the necessary tools to achieve the self-confidence and vision so crucial to leadership (AAUW NC & AAUW-ODC)

Apr. 2017—Hosting a De-stress Fest and banquet to reflect on & celebrate the progress and growth of the participants based on the achievement of their established goals.

WOMEN OF WORTH CONFERENCE

Welcome/Keynote/Faculty panel: HERSTORIES

Dr. Sheila Kannappan (Dept. of Physics and Astronomy)

Dr. Kumarini (Kumi) Silva (Dept. of Communication Studies)

Dr. Lyneise Williams (Dept. of Art History)

These 3 academic women discussed issues that they faced in their lives followed by Q & A session with the students.



NATALIE BULLOCK BROWN

Natalie Brown is chair of the Department of Interactive Media at St. Augustine College. She is currently making a documentary entitled *Baartman, Beyoncé, and me* which explores the following , “How do the beauty ideals of a white, racist, male dominant culture affect black females? “ A clip of her developing film was shown followed by a discussion. It was clear from the ensuing discussion that in many parts of the world (Asia, Latin America, North America), women are judged by Madison Avenue’s standards of white beauty which impacts how women of color evaluate their own beauty. Another key to success for women in the entertainment field is to project sensuality or as an academic put it, their “f***ability” be they white or women of color.



RADICAL SELF-LOVE—BY MELISSA LUONG



- How to combat internalized racism
- How to love ourselves in defiance of a society that does not value us.
- How to be aware of euro-centric standards of beauty and white normative beliefs



BEYOND THE VEIL

SARAH SHANNON-MOHAMED



- Discussed Social barriers that impede socialization between veiled Muslim students and non-Muslim students
- And the impact social exclusion has on one's overall education



SUPERWOMAN SCHEMA

MILLICENT ROBINSON



- Discussed mental health services and usage thereof by African-American women
- Talked about barriers that make it challenging for all women of color
- And difficulties gaining access to the services the women need.



THE CHAINS IN HER BELLY

SERTANYA REDDY & MELISSA KIMATHI

- This session explored the value of the creative arts in providing emotional and spiritual healing to women of color
- And how to draw on your own personal experiences of using music, dance & poetry to maintain our wholeness and stability in the academy, a space which is often alienating and psychologically harmful to women of color



PLAY FOR PROFESSIONALS

RACHEL LEEKE

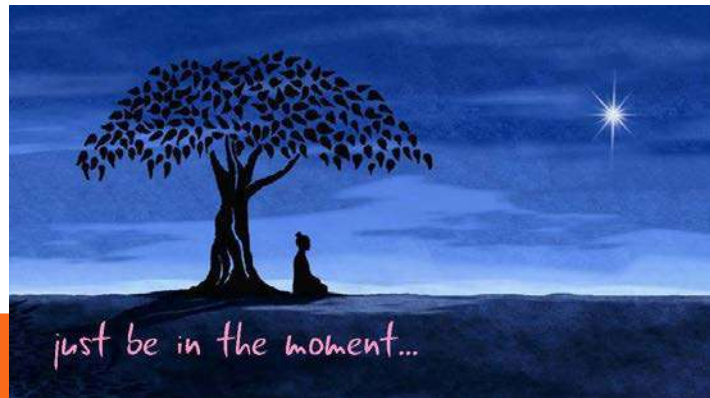
- Play functions as a way for us to test drive new ways of thinking and form new cognitive pathways based on our experiences.
- Adults have the unique opportunity to inject forms of play into their lives in order to live more fulfilling and emboldened lives.
- We listed our play history: activities we enjoyed as children, favorite toys, games we loved, places we were free to play
- Then we listed: when we felt free to do & be what we choose, if it was a part of our adult life (why or why not), what were impediments to playing in our adult lives, how & why some kinds of play disappeared.



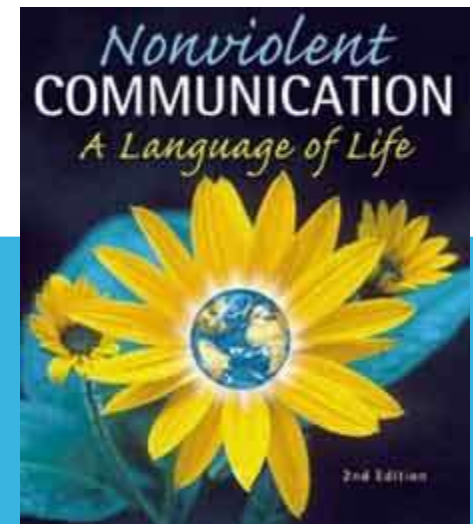
EXPRESSIVE WELLNESS NICOLE T CASTRO

You can guide yourself and achieve concrete models of self-expression through:

- Mindfulness
- Embodied expression
- Non-violent communication



dance
as though no one is watching you,
love
as though you have never been hurt before,
sing
as though no one can hear you,
live
as though heaven is on earth. —aaa



THE POWER OF PAIN

MEGAN SHIH



Women of color experience:

- Exclusion, invisibility, marginalization, discrimination which inevitably results in painful experiences

They must not fear it ,but instead, grow in hope to use their pain to build stories of strength.



A GRANT FROM AAUW NC & AAUW-ODC TO WOW: YES TO OPPORTUNITY AND CHALLENGE!

Women of Worth participants had asked for reading material that would inspire them. The conference organizers chose Shonda Rhimes' *Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person*. At the end of the conference, all participants were given a copy. The reaction was very positive!

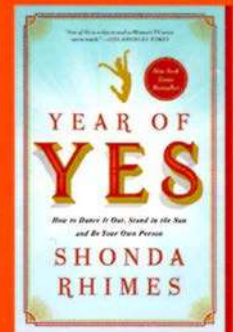


**AAUW NC &
AAUW-ODC**

are proud to
support

WOMEN OF WORTH

We hope you enjoy



CONFERENCE ORGANIZERS

Angie Matos—Hinton James Community Director

Erica Wallace—Coordinator for Peer Mentoring & Engagement



AAUW-ODC MEMBERS HELPED WITH CHECK-IN



PICTURES OF THE EVENT

