



2021 STEM WOMEN OF COLOR CONCLAVE

Conclave Leadership Colloquium (CLC)

THOUGHT MAPPING ASSEMBLIES

June 24, 2021

1:45 pm - 3:00 pm

(Sessions will be repeated at 3:30 p.m. - 4:45 pm)

Jacqueline Barnett - TMA: 1.1/2.1 - Living Our Best Lives: Leaning into Your Power and Strategizing for Success

In this session, we will reflect and refresh, while bringing our collective voices together to focus on women, our lives, values, and our health. We will lean into what it means to be a powerful woman, and identify and develop strategies to address potential barriers to our success, in efforts to promote healing and wellness so that we are living our best lives!

Stefani Briggs - TMA 1.2/2.2 - Root Work: Healing Wisdom

This session focuses on the use of mindful/contemplative practices to provide space for what sparks and enlivens our visionary spirits. I recommend being seated somewhere that is comfortable. Please bring a small object that is grounding during difficult times as well as a notebook or journal along with a favorite pen.

Leah Cox - TMA 1.3/2.3 - STEM Women of Color: From Silence to Solutions

We face a variety of challenges which often disrupt our career trajectories, constrain our career aspirations, and undermine our ability to persist in a healthy way. This thought mapping session will focus on how racism, cultural stereotypes, gender discrimination, and stigma, as well as unspoken policies and shame impact us in extraordinary and peculiar ways. Our voices are often silenced. We will discuss ways to concretely map out how to make our institutions more responsive, reduce our individual stress, and manage uncomfortable situations.

Adriana Medina - TMA 1.4/2.4 - Embracing Clean Pain: Choosing Integrity Over Fear

The theme of this session is embracing clean pain (choosing integrity over fear), and how to soothe our bodies for deep somatic healing. The content is based on the work of Resmaa Menakem, author of *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*.

Beverly O'Bryant - TMA 1.5/2.5 - THE TIES THAT BIND: Loving Leadership for the Academic STEM Disciplines

If not now...when. It's time to focus on us.....our personal, professional and private selves. After a year and a half of isolation, stress, caring for others ...its time to focus on us. This mapping session will include strategies for understanding personal, professional and private selves, goals and wants ; and, strategies, best practices and ideas for achieving them. If we're going to be superwomen...let's define 'superwoman' for ourselves.



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Nicole Rankins - TMA 1.6/2.6 - Authenticity and Joy as Acts of Resistance and Activism

In this session we'll discuss why being your authentic self and actively cultivating joy are meaningful acts of resistance and activism, especially for women of color. We'll also go through exercises to help you identify ways to comfortably show up as your authentic self and also easily have more joy in your life.

Ariel Salome - 1.7/2.7 - Reflect and Release

After the year we've collectively experienced, it's time to check in and release what no longer serves us. Join Ariel Salomé, executive leadership coach, to explore how workplace and racialized trauma gets stuck in the body. Through the use of somatics, the study of the internal lived experience, participants will learn how to release the tension that gets stored in our physical, mental and emotional bodies with simple breath and mindfulness techniques. Let the healing begin!

Cynthia Winston-Proctor - TMA 1.8/2.8 - Life Synergy & Healing: The Art & Science of Emotional Calm and Psychological Fulfillment

Narrative personality psychologists view healing as a by product of individuals' courage to explore their inner narrative (i.e. narrative identity). As a routine part of personality development, a person curates past, present, and anticipated lived experiences into a narrative identity. This Thought Mapping Assembly is designed for participants to: (1) recognize the power of our narrative identity; (2) demonstrate a narrative identity practice to strive for a mind at rest*; (3) develop at least 1 personalized narrative personality practice to promote emotional calm and psychological fulfillment after the Conclave. Ultimately, participants will explore how to leverage their narrative identity to create a mindset to adapt, heal, and thrive in the face of daily life challenges faced by women of color in STEM. The design of this thought mapping assembly is anchored in the Life Synergy Principles created by Dr. Cynthia Winston-Proctor based on her expertise in the science, practice, and art of narrative personality psychology.

*Note: In advance of the start of this Thought Mapping Assembly, each participant will need to have a 8 ounce HOT beverage of their choice prepared to use as part of the demonstration (i.e. tea, coffee, hot water with lemon, etc.).

Kamilah Woodson - TMA 1.9 - Hypervisible but Overlooked, Silenced with a Voice: Reclaiming our Agency and Positioning in 2021

This thought mapping session will provide participants with the opportunity to discuss their agency and positioning. They will be encouraged to share and think about their experiences; specifically, about how they cope with the stressors related to their positioning as women in 2021 (pre and post pandemic) The participants will further discuss strategies that will allow them to remain/become foregrounded in the various contexts within which they exist.