



Celebrating Women

CONFERENCE

CONNECT • INSPIRE • THRIVE

LIVE WORKSHOPS SESSION #1

9 to 9:45 a.m.

Pick one live session per time slot. All workshops will be recorded for on-demand viewing after the conference.

Being Flexible with Stress: Staying Open, Aware and Engaged

Presented by Raechel Russo, LMFT Candidate

Stress often comes up in our daily lives and sometimes it can be difficult to know how to handle it. In this workshop you will learn different ways of coping with stress using evidence-based techniques from Acceptance and Commitment Therapy. You will practice ways that you can be more flexible with difficult experience so that you can act in a way that matters most to you.

Developing a Growth Mindset: Creating Opportunities to Navigate through Change

Presented by Andrea Schmutz & Christina Pay

Through discussion and engaging activities, participants will explore the differences between fixed and growth mindsets and their impacts on our personal lives and our everyday interaction with others. Participants will complete a brief quiz to gain an understanding of their own mindset. The presenters will define fixed and growth mindsets and share examples of characteristics of each. Participants will learn about cognitive reframing and join in an exercise to learn about reframing fixed mindset statements as they gain an understanding of the benefits of developing a growth mindset. The presenters will discuss how to move forward on a growth mindset path with examples of affirmations to help encourage daily progress toward a growth mindset.

Making Friends As An Adult: Why It's So Hard (But So Critical) For Us All

Presented by Annie Wright, LMFT

If you - like so many others in their 20's, 30's, and 40's - feel like your deep friendships are dwindling and you're struggling to figure out how the heck to make friends as an adult now that the built in cohorts of college and grad school are over, this workshop is for you. In it we'll normalize this experience, talk about what actually makes making friends as an adult so hard, dive more into the mental health benefits of finding, keeping, and maintaining deep, intimate bonds, and equip you with practical, actionable tools to make making friends as an adult less painless and more successful.

JOIN THE SOCIAL MEDIA CHALLENGE



Share something about your Celebrating Women Conference experience and use **#CWConf2021** for a chance to win a prize!

LIVE WORKSHOPS SESSION #2

10 to 10:45 a.m.

The 5 Steps for Overcoming Overwhelm

Presented by Megan Whitesides

In this fun and engaging workshop you will learn simple things you can do to overcome overwhelm. We all experience overwhelm. It can come from change, the unknown, too much to do, or doing something new. It often comes from all the thoughts you are thinking for example: I have so much to do, I'm so behind, there's not enough time, I can't do it all, there's only one of me, I don't know how to do it, the house is a mess, and many more. When we feel overwhelmed we aren't able to take the action that we want. We feel stuck, overwhelmed, frustrated, and annoyed. Overwhelm blocks our creativity and openness. Overwhelm is not useful.

What the Outdoors Can Do for You

Presented by Eva Timothy & Cindy Jenkins

Have you ever wondered why you feel so good after being in the great outdoors? There are many emotional, mental, and physical health benefits to spending time in nature. This interactive presentation will educate you on these benefits.

Earthquake + Hurricane Winds + A Global Pandemic = Mayhem! Rising Out of the Financial Chaos

Presented by Amanda Christensen, Melanie Jewkes, and team

Join our panel of financial education experts as we reflect on the variety of financial lessons learned from experiences the last 18 months. Choose your next steps to make progress forward to financial stability as we address ways to reconsider goals and priorities, build emergency savings funds, and begin an estate planning process. We'll show you how dreaded financial topics can be fun and do-able, as you address it while it is fresh on your mind and while you feel motivated.

LIVE WORKSHOPS SESSION #3

11 to 11:45 a.m.

Thrive, Not Just Survive, After COVID-19

Presented by Gabriela Murza & Dr. Ashley Yaughter

In this workshop, the presenters will discuss how resilience strategies can be developed and utilized to assist individuals and families in reclaiming aspects of their lives that may have been upturned by COVID, and that are essential for thriving beyond the pandemic. Drawing on the PERMA® Theory of Well-Being, the presenters will discuss the elements of the theory (Positive emotion, Engagement, Relationships, Meaning, and Accomplishments), how they help develop the foundation for addressing challenges related to COVID, and introduce the six competencies that will be discussed in more detail in the pre-recorded sessions.

Mindful Eating 101: Simple Changes with Lasting Benefits

Presented by Jenna Dyckman

The food we choose to eat each day affects our short- and long-term health. While we all want to make healthy food choices, there are many other factors that influence the foods we choose to eat each day. This presentation will provide research-based information on the benefits of practicing mindful eating. It will teach women how to create their own eating culture and give tips for practicing mindful eating every day.

Learning From Utah Women's Experiences During COVID-19

Presented by Angie Kleven and Marin Christensen, UWLP

The Utah Women & Leadership Project conducted a survey of 3,542 Utah women about their experiences during COVID-19. This survey produced 6 in-depth reports describing women's experiences through stories and statistics. ULWP staff Angie Kleven and Marin Christensen will walk you through what they learned, and more importantly, what we as a community can do to ensure women are able to recover and thrive.

LUNCH BREAK

11:45 a.m. to 12:15 P.M.

KEYNOTE SPEAKER: Dr. Susan Madsen

12:15 p.m. to 1:15 p.m.

KEYNOTE PRESENTER: Dr. Susan Madsen



Founder and Director
Utah Women & Leadership Project and Inaugural Karen Haight Huntsman Endowed Professor of Leadership

Dr. Susan R. Madsen is the Inaugural Karen Haight Huntsman Endowed Professor of Leadership in the Jon M. Huntsman School of Business at Utah State University. She is also the Founding Director of the Utah Women & Leadership Project, which focuses on strengthening the impact of Utah girls and women through increasing college completion rates and helping girls and women find their voices and become leaders. Professor Madsen and her team have written many Utah research and policy briefs, research snapshots, impact reports, newspaper editorials, and other resources. They host 20-30 events each year to support the mission of their work. Susan is also a well-known global scholar, authoring or editing six books and publishing hundreds of articles, chapters, and reports.

Madsen's research has been featured in the U.S. News and World Report, The Atlantic, The New York Times, Parenting Magazine, Chronicle of Higher Education, The Washington Post, and she is a regular contributor to Forbes. She is a sought-after speaker in local, national, and international settings. For example, she has presented at the New York Times, Argentina Parliament Palace, House of Commons in England, Lithuania President's Palace, and NGO sessions at the United Nations. She advises and/or serves on many nonprofit, community, and education boards and committees, including Silicon Slopes, Envision Utah, Better Days 2020, Real Women Run, United Way of Utah County, Utah Financial Empowerment Coalition, the Utah Governor's Transition Team, and more. Madsen received a bachelor's degree from BYU, masters from Portland State, and a doctorate from the University of Minnesota. She and her husband Greg are the proud parents of four adult children and two grandchildren.

PRE-RECORDED SESSIONS

Finding Hope After Loss

Kari Ure

Loss comes in many ways: Loss due to death, loss of family or friend relationships, loss of home or other material necessities, loss of a marriage (own or one's parents), loss of faith, loss of health, loss of opportunity, loss of livelihood, losing hopes of marriage or of having children. Grieving is the response to loss. Responses to grief, when to seek help and what resources are available, and finding personal wellness routines to aid in healing will be covered.

The Art of Self-Care

Elizabeth Davis

Burnout and exhaustion are very real experiences that can have a detrimental effect on our health, relationships, and careers. This presentation will provide research-based information on the importance of self-care, what self-care is (and is not), and how we can better support others (and ourselves!) in efforts of self-care.

Break Free of Guilty Eating

April Litchford

Too many of us eat guilt along with our food, when did we stop enjoying eating? This presentation will provide evidence-based techniques designed to remove the guilt from eating and help individuals use their innate hunger/fullness signals to balance nutrition intake and manage body weight. You can enjoy your food and be healthy too!

Celebrating Positive Body Image

Jenna Dyckman and Sadie Wilde

Body dissatisfaction is a common occurrence in women and men, which can lead to negative thoughts, poor self-esteem, and may even affect mental health. This presentation will teach research-based tips on how to develop positive body image and how to create and be an advocate for a culture that is supportive of diverse body types.

Get Active! How to Encourage Women and Girls to be More Physically Active

Kim Buesser and Rachel Myrer

Kim and Rachel have spent the last six months doing an extensive review of the literature to produce a snapshot for the Utah Women and Leadership Project. We'd like to share the following best practices we've identified for removing gender-specific barriers to physical activity: • Encouragement from parents to be physically active • Ask what they enjoy and tailor physical activity options accordingly • Promote gender inclusivity in sports • Improve the visibility of women's athletics

Retirement Planning for Women Series:

1) Navigating Different Retirement Options

Jerieve Canlas, PhD, CFLE and Vincenza Vicari-Bentley, AFC

In 2017, Fidelity Investments surveyed almost 3000 individuals and found that women outperform men when it comes to investing, saving more in their workplace retirement accounts, and adding more to their IRA balances. Financial experts agree that women are actually well poised to make excellent decisions for their financial future. Knowledge is power, and the more women know about their retirement and investment options the more they are able to take control of their financial future. In this presentation, we will focus on the different retirement savings options for women, whether you're an employee, a stay-at-home mom, or running your own business.

2) How to Reach Your Retirement Goals

Jerieve Canlas, PhD, CFLE and Vincenza Vicari-Bentley, AFC

Planning for retirement is a journey. The key is to save as much as you can now and try to increase savings over time. If a one-time bump-up isn't something that you can do now, consider aiming to increase contributions gradually each year. Some dollars are always better than zero dollars, especially if you think about how much your money can grow over the years. Money and time are your best friends when it comes to saving for retirement. In this presentation, we will focus on the different ways you can increase your retirement savings, including how much every dollar counts when it comes to slowly building your savings and why it is a good idea to maximize retirement contribution limits.

PRE-RECORDED SESSIONS

Building Personal Resilience Series:

1) Self-Awareness

Sadie Wilde

Self-Awareness is paying attention to your thoughts, feelings, actions, and your body's responses. It involves comparing yourself to reality and feedback given by others to better understand yourself, make changes, and strengthen weaknesses. When we are not self-aware, we are on "auto-pilot" and may even be in a state of denial or self-deception. Developing self-awareness takes using the resources, relationships, and cues around you to improve well-being and calm our conscious thoughts.

2) Strengths of character

Tim Keady

Strength of character is more than simply individual accomplishments, determination, or a person's behavior. It is a complex and expansive family of thoughts, feelings, and morally righteous actions that are recognized and encouraged across cultures for the values they develop in people and society. Strength of Character is the best of who we are; it's what's inside every one of us.

3) Self-Regulation

Maren Voss

Self-regulation is the capacity to calm yourself down and think clearly in moments where you're feeling negative emotions. Learning self-regulation makes it easier to ride the waves of stressful events without sinking into despair. The goal is to learn skills to be able to down-regulate at times when emotions like fear, sadness, frustration, or anger begin to feel overwhelming.

4) Connection

Gabi Murza

Connection comes from a relationship with others who can validate, empathize, and understand each other's feelings and experiences. Creating meaningful connections helps our mental and physical health by decreasing depression, alleviating anxiety, and improving longevity. While creating connections may seem intuitive, it goes beyond just talking to someone. Know how spoken and unspoken cues and language can be developed, improved, and maintained to create meaningful connections that strengthen our ability to face challenges and difficult moments.

5) Mental agility

Maren Voss

Mental agility is the ability to be flexible in your thinking. Individual patterns of thought and "fixed mindset traps" can prevent us from tapping into a growth mindset. Inflexible thinking gets worse in times of fatigue, stress, and ambiguity. The goal is to learn about "thinking traps" which obscure a clear view of the current situation and to practice flexible thinking to regain focus and clarity and empower problem-solving.

6) Optimism

Tim Keady

Optimism is the capacity to notice and expect the positive, to focus on what you can control, and take decisive action. It may be possible to learn optimism by looking for the positive events that occur in our life. Fifty years of research has found that optimistic people remain healthier and live longer than pessimistic individuals. Living a longer more enjoyable life is a future outcome we can all feel enthusiastic about.

PRESENTER BIOGRAPHIES

Live Sessions

Annie Wright, LMFT is a licensed psychotherapist, a relational trauma recovery specialist, a boutique trauma-informed therapy center founder, an online course creator, and a published mental health writer. Her work has appeared in Forbes, NBC, The Huffington Post, BuzzFeed and more. She lives in the Bay Area with her husband and toddler daughter.

Raechel Russo graduated from Utah State University with a Master of Science degree in Marriage and Family Therapy in 2020, and a Bachelor of Science degree in Family Studies from Brigham Young University in 2017. She is passionate about helping others with their mental health and relationships. She currently works remotely at the Institute for Disability Research, Policy and Practice at Utah State University as a project coordinator. She is helping train people on how to identify mental health issues, locate high-quality mental health resources, and respond to mental health issues. She also works as a marriage and family therapist candidate at a private practice in Tulsa, Oklahoma.

Andrea Schmutz is an Assistant Professor for Utah State University Extension in Washington County with assignments in Family and Consumer Sciences and 4-H Youth Development. She earned a Master's Degree in Recreation Management and Youth Leadership from Brigham Young University and is passionate about the benefits of outdoor recreation. Andrea strives to utilize innovative programming in her work with youth and families of Washington County to teach sustainability, youth development, and healthy living skills. When she's not busy with work, Andrea enjoys getting out for a hike, making upcycled projects, or reading a good book.

Christina Pay is an Extension Assistant Professor of Family and Consumer Sciences and 4-H Youth Development for Utah State University. Her areas of focus include strengthening family relationships and supporting positive youth development. She earned her Master's Degree in Health Education from Western Governors University. She is an advocate for youth and currently serves on the board of the Utah Association for Early Childhood Education. She is happily married to Steve and they have six children and 12 grandchildren. She enjoys reading, camping, spending time with her family, and exploring new adventures with Steve.

Megan Whitesides is a certified life coach from The Life Coach School. She helps women strengthen relationships with themselves and the most important people in their lives. The most rewarding part of her work is seeing the transformation in their confidence, parenting and relationships. Megan has a bachelor's degree in Family Human Development which has been an asset to her as a life coach and as an entrepreneur. She has owned her own preschool for the past 14 years and loves children. Megan loves the outdoors, good chocolate chip cookies, traveling the world, and Chacos. She and her husband Mike have four boys, including twins and live in Utah. Learn more about Megan at MeganWhitesides.com or follow her on IG @meganwhitesidescoaching.

Gabriela Murza received a BS in Psychology and MS in Health Education and Behavior, both from the University of Florida. She serves as USU Extension faculty with the Health Extension: Advocacy, Research, and Teaching (HEART) Initiative, which focuses on the opioid epidemic and other pressing public health issues. In her current role, she provides expertise in addressing the role healthy eating, physical activity, resiliency skills, and other healthy behaviors play in decreasing injury and chronic pain, and how developing and utilizing those skills are essential in substance use recovery.

Dr. Ashley Yaughner is a Professional Practice Extension Assistant Professor of Health & Wellness. She is the Health Extension: Advocacy, Research & Teaching (HEART) Initiative Team Lead and serves Carbon and Emery Counties; focusing on the opioid epidemic these communities are facing. Ashley earned her Masters of Science and Ph.D. in Clinical Psychology from Texas A&M University. She is passionate about mental health and wellness, enjoys community outreach and collaboration, and has a love of both teaching and research.

Marin Christensen is Associate Director at the Utah Women & Leadership Project. She is a policy and community researcher, and on the side moonlights as a child care expansion advocate. Marin is also currently pursuing a Ph.D. in Social Policy at the University of Utah. Marin authored three of the reports being presented at the event.

Angie Kleven is the Statewide Community Outreach Manager for the Utah Women & Leadership Project. She received a master's degree in Management & Leadership from Western Governor's University. Before joining UWLP and the Huntsman School of Business at USU, she taught business courses as an adjunct instructor at Ensign College, where she still works after hours as an instructional designer. Angie raised (and homeschooled) three children as a single parent in Las Vegas where she co-founded two organizations: RISE Education Resource Center, a nonprofit dedicated to providing support and advocacy for all educational options, and Leadership Academy of Nevada, an online public charter school for grades 6-12, that prepares students to become principled leaders. She has a passion for education, leadership, and empowering women to create the lives they want to live.

Jenna Dyckman is a USU Extension assistant professor based in Cache County. She is a registered dietitian and graduated with her master's in nutrition and dietetics from the University of Idaho. She became a dietitian because she loves helping others and teaching them how to achieve optimal health by making healthy and sustainable food and lifestyle choices. Her go to mantra with food is "all foods fit!". In her position with USU Extension, she loves working with community members of all ages across Cache County!

Cindy Jenkins has an undergraduate degree in Fitness and Wellness and worked as a personal trainer for several years before earning her master's degree in public administration. Cindy formerly worked as the Community Outreach and Volunteer Coordinator for Mountainland Head Start. She has also volunteered with many different nonprofits, like the American Red Cross, Circles, and Builders without Borders of Utah. She loves spending time in the great outdoors and grew up hiking all around the mountains and national parks in Utah and surrounding states.

Eva Timothy is a Professional Practice Assistant Extension Professor for USU Extension. She received her masters in social work from East Tennessee State University. She has experience working with children and families in their various stages and in differing capacities. She has worked with those experiencing homelessness, poverty, with youth of all ages, and with those diagnosed with autism. She and her husband were introduced to the joyful exhaustion of raising twins two and a half years ago amidst educational pursuits and full-time jobs. She feels the greatest sense of satisfaction when engaging in most outdoor activities or when watching her husband play with their rambunctious children.

PRESENTER BIOGRAPHIES

Pre-recorded Sessions

Kari Ure is a USU Extension assistant professor in Sevier County. She graduated from Brigham Young University Idaho with a Bachelor of Science in Health Promotion and Lifetime Wellness and from Weber State University with a Master of Education in Curriculum and Instruction. Kari's major interest areas include mental and financial wellness. She enjoys learning new skills and creating (music, woodworking, cooking). She and her husband love rural living, agriculture, skiing, and working together on projects.

Elizabeth Davis is an Extension assistant professor at USU. She received her B.S. in family, consumer, and human development and M.S. in adolescent development, both from USU. After working several years in nonprofit and state-funded organizations, she returned to USU where she accepted a tenure position in 4-H and family and consumer sciences. She is particularly interested in programming that improves the quality of family life, which includes marriage and parenting education. She currently resides in Kanab, Utah, where she enjoys the amazing outdoors and working in the community to offer research-based programming to all.

April Litchford is an assistant professor for Utah State University Extension in Box Elder County. She is also a registered dietitian nutritionist with a PhD in nutrition science. She has expertise in general nutrition counseling and is especially skilled in child and family nutrition and diabetes management. April loves food and is the happiest when she is teaching cooking classes, cooking for her friends and family, or helping others explore new foods.

Jerevie Canlas, PhD, is a Certified Family Life Educator with a background in work and family life among minority women. She teaches undergraduate family life courses including family policy, relationship skills, parenting, and life span development. She has published peer-reviewed research articles on family life and mental health and presented at national conferences. Outside of the academia, she has worked as a Family Self-Sufficiency Coordinator at the Utah County Housing Authority serving low-income households and helping them reach their economic self-sufficiency goals through one-on-one life skills coaching. As a first-generation immigrant to the United States, she's passionate about financial literacy and economic self-reliance especially among women of color. She's currently a program coordinator for the Empowering Financial Wellness Program with USU Extension.

Vincenza Vicari-Bentley is an Accredited Financial Counselor and a passionate Financial Educator. Vincenza also earned her MBA with a focus on Marketing and Finance. Vincenza is a proud military spouse that has worked as a Financial Counselor and Financial Educator for the past five years primarily serving service members and their families both in the United States and abroad. Vincenza recently recognized by the United States Marine Corps Base Hawaii's Personal and Professional Development Division for her exemplary work as a Financial Counselor. Outside of work, Vincenza is an elected member of the School Community Council for Wasatch Jr. High School that oversees the expenditure of over 100K from the Utah State Land Trust. She's currently a program coordinator for the Empowering Financial Wellness Program with USU Extension.

Jenna Dyckman is an USU Extension assistant professor based in Cache County. She is a registered dietitian and graduated with her master's in nutrition and dietetics. She became a dietitian because she loves helping others and teaching them how to achieve optimal health by making healthy and sustainable food and lifestyle choices. Her go to mantra with food is "all foods fit!". In her position with USU Extension, she loves working with community members across Cache County! She enjoys working with all ages from children to older adults.

Sadie Wilde is an USU Extension Program Coordinator based in Weber and Davis County. Sadie Wilde is currently a graduate student working on her Master's in Public Health at Utah State University. Her previous roles include supervising the Salt Lake Live Well Center (Lifestyle and Sports Medicine), coordinating care for an outpatient eating disorder treatment team, cardiac rehabilitation, and coordinating an osteoporosis/osteopenia care process model development team with Intermountain Healthcare and Precision Genomics. Sadie has a bachelor's degree in Exercise Science from USU and she is passionate about women's health and physical activity in the context of body positivity. She is trained in fall prevention for the geriatric population, but her current research interests focus on adolescents, specifically in improving access to mental health resources, substance use disorders, resiliency, and preventing disordered eating. Sadie loves backpacking, traveling, her two little ones (Oliver and Violet), and has way too many houseplants.

Gabriela Murza received a BS in Psychology and MS in Health Education and Behavior, both from the University of Florida. She serves as USU Extension faculty with the Health Extension: Advocacy, Research, and Teaching (HEART) Initiative, which focuses on the opioid epidemic and other pressing public health issues. In her current role, she provides expertise in addressing the role healthy eating, physical activity, resiliency skills, and other healthy behaviors play in decreasing injury and chronic pain, and how developing and utilizing those skills are essential in substance use recovery.

Dr. Maren Wright Voss has completed master's degrees and two doctoral degrees in psychology and health sciences. She began her work at Utah State University as one of the pilot faculty members in the Health Extension; Advocacy, Research, and Teaching (HEART) initiative. She was instrumental in bringing the Living Well with Chronic Pain workshop series to first-time-ever online offerings, alongside numerous mental health and resilience workshops. Dr. Voss and HEART faculty have received 20 awards in the past two years for their innovative work in addressing health and wellness needs in Utah.

Timothy Keady is a Professional Practice Extension Assistant Professor of Health & Wellness and a HEART Initiative Team Member. As a faculty member of USU Extension, Tim uses his unique knowledge, skills, and abilities to help increase the wellbeing of the population of Cache and Box Elder Counties, and all of Utah. With a degree in Health Education (BS) and Exercise Science (MS) from Utah State University, his goal is to reduce harm and save lives. Whether from opioids and other substances or acute or chronic mental and physical health disorders or diseases, providing evidence based training and educational programming to diverse populations and individuals is a challenge he embraces.

Rachel Myrer is a Professional Practice Assistant Professor for Utah State University Extension. Her work is focused on the opioid epidemic, body image, and physical activity promotion for girls and women. She received an undergraduate degree in Public Health from Brigham Young University and a Master's in Public Health from the University of Utah. Rachel's career has centered around planning, implementing, and evaluating public health programs in elementary schools, universities, health departments, and in the private sector.

Kim Buesser received her Master's in Public Health from Utah State University. She is currently working as a Data Resource Coordinator at the Association for Utah Community Health. She is passionate about social justice and hopes to become more involved in research that prioritizes populations that until recently have been overlooked.

