



Celebrating Women

CONFERENCE

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WORKSHOP SESSION #1

9 to 9:45 a.m.

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 painful 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!

WORKSHOP 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

Coming soon!

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.

WORKSHOP SESSION #3

11 to 11:45 a.m.

Thrive, Not Just Survive, After COVID-19

Presented by Gabriela Murza & Dr. Ashley Yaughner

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

