



SUPPORTING
HER EDUCATION
CHANGES
A NATION

2022 Leadership Training

January 4-7, 2022

Schedule + Session Descriptions



SHE-CAN Class of 2022 at their freshmen Leadership Summit in January 2019

Join us on Zoom at bit.ly/SHECANleadership2022

Email Program Coordinator Hannah Denis at hdenis@shecan.global with questions, comments, or issues.



Schedule

Please note that all sessions are listed in Pacific Time.

Tuesday, January 4th: Discovering Your Center: Tapping Into Empathy

8:00AM PT: Daily Opening with Barbara Bylenga

8:30AM PT: Mindfulness as a Pathway to Self-Compassion and Empathy with Becca Peters

9:10AM PT: Seeking Peace Within and Without with Michelle Lepore

10:10AM PT: How the Daily Practice of Empathy Can Change Your Life with Kellee Marlow (*scholars only*)

11:10AM PT: Practical Guide to Everyday Empathy with Michelle Anne Johnson

Wednesday, January 5th: Soft Skills Are Anything But: Empowerment

8:00AM PT: Daily Opening with Barbara Bylenga

8:10AM PT: 5 BIG Ideas with Phyllis Lerner

9:10AM PT: Creating a Personal Brand Without Losing Your Personality with Arielle Fuller and Ali Schouten

10:15AM PT: D.R.I.V.E. How to Stand in Your Power and Take Ownership of Your Goals with Dr. Sheree Sekou

11:20AM PT: Up Close with a Powerful Change Agent with Karen Hanrahan

Thursday, January 6th: Transforming Passion Into Careers: Engagement

8:00AM PT: Daily Opening with Barbara Bylenga

8:10AM PT: Designing Your Life: How to Build Towards the Professional and Personal Well-Lived, Joyful Life with Mayah Curtis and MaryAnne Mwaura

9:00AM PT: How One Person Can Make a Difference with Renee Bovellet, Yvette Chesson-Wureh, and Socheata Touch

10:05AM PT: Bringing Your Whole Truth with Sheereen Russell

11:00AM PT: [How Fellow Scholars are Making an Impact](#) with Janet Watson, Jocelyn Mizero, and Phalkun Out

12:00PM PT: [Just Be You](#) with Carrie Ricci

Friday, January 7th: Scholar Day

8:00AM PT: [Unlearning Racism: Apparently I'm a "POC"... Now What?](#) with Lindsey T. H. Jackson

9:40AM PT: [Group Activity](#)

10:30AM PT: [Freshmen + Senior Breakout Groups](#)

11:45AM PT: [Final Debrief](#)

Session Descriptions

Tuesday, January 4th: Discovering Your Center: Tapping Into Empathy

8:30AM PT: [Mindfulness as a Pathway to Self-Compassion and Empathy](#) with Becca Peters

We will begin with a brief guided Mindfulness Meditation incorporating Self-Compassion practices as a way to build presence and cultivate kindness toward oneself. We will then learn how Self-Compassion allows us to cultivate Empathy for others and, in turn, to feel less alone, more connected, and more confident in our daily lives.

9:10AM PT: [Seeking Peace Within and Without](#) with Michelle Lepore

Consider the importance of cultivating a more empathetic and peaceful inner life in honing your skills for building peace in your community and in this diverse world. We'll look at the iceberg theory of conflict analysis and an application of this to one's inner life. Welcoming deeper levels of self-understanding, particularly of your cognitive and emotional triggers, enables you to more fully engage issues of conflict with an open mind and heart bringing the spirit of compassionate action. Learn basic ways to engage the underlying issues of conflict by being an active listener and inviting moments of pause to allow for relationships to transform and insights to emerge.

10:10AM PT: How the Daily Practice of Empathy Can Change Your Life with Kellee Marlow

What if the practice of empathy could help you be better at your job, bridge conflicts and connect more deeply with people- would you master it? This session focuses on the art and ingredients of what makes empathy so powerful and effective in everyday life. Be ready to think about how you will apply to your life.

11:10AM PT: Practical Guide to Everyday Empathy with Michelle Anne Johnson

The word "empathy" is very popular these days. But what is empathy? Why is it important? And most importantly, how can you develop it?

In this session, communication consultant Michelle Anne Johnson will demystify empathy and share practical tips for how to use it as a tool for greater authenticity and connection.

Wednesday, January 5th: Soft Skills Are Anything But: Empowerment

8:10AM PT: 5 BIG Ideas with Phyllis Lerner

Whether you are presenting yourself to new friends and families, or presenting yourself to the Board of Trustees at your university, it's not just **what** you say. It's **how** you say it. Get ready to practice with facial expressions, eye contact, voice, pitch, and hands. And get ready to laugh and learn too.

9:10AM PT: Creating a Personal Brand Without Losing Your Personality with Arielle Fuller and Ali Schouten

How do we present ourselves in a marketable way without feeling totally gross about it? By taking a lesson from Hollywood, of all places! Join California power duo Arielle Fuller and Ali Schouten to create your "personal logline."

10:15AM PT: D.R.I.V.E. How to Stand in Your Power and Take Ownership of Your Goals with Dr. Sheree Sekou

This session is for leaders who want to own their power and get going in the direction of their dreams. Dr. Sheree offers five keys for setting goals and seeing them to fruition, as well as simple decision-making strategies for

dealing with the inevitable forks in the road and overcoming roadblocks to success.

11:20AM PT: Up Close with a Powerful Change Agent with Karen Hanrahan

Barbara Bylenga interviews Karen Hanrahan, one of the most interesting people she knows. Karen is a true global change agent in human rights and social justice. She has worked across the globe in conflict zones, with terrorists, and with global leaders. She was a part of the Obama administration under Secretary of State Clinton and is currently President and CEO of the GLIDE Foundation, one of the most impactful churches in the US. She has built movements, high-impact organizations and led change on a global scale. She will share her riveting story and some of her secrets to success with Barbara and the scholars.

Thursday, January 6th: Transforming Passion Into Careers: Engagement

8:10AM PT: Designing Your Life: How to Build Towards the Professional and Personal Well-Lived, Joyful Life with Mayah Curtis and MaryAnne Mwaura

Life aspirations are motivators in how we engage with the world around us. Intentional engagement powerfully guides the way in which behaviors, thoughts, and feelings create the experiences and building blocks to design one's life. In this session, we will share the Designing Your Life mindsets to empower you to create an odyssey plan, an exploratory vision of your next five years. Afterwards, you will select a few activities to "prototype" the odyssey plan to begin moving towards your life aspiration.

9:00AM PT: How One Person Can Make a Difference with Renee Bovellev, Yvette Chesson-Wureh and Socheata Touch

Hear from inspiring global leaders on how they were able to make a difference, how they navigated their unique paths, and overcame obstacles along the way. Mentor Renee Bovellev, MD, will moderate a discussion on being a change agent and giving back.

10:05AM PT: Bringing Your Whole Truth with Sheereen Russell

Real liberation is existing in one's full truth, void of omission and sans embellishment, while rooted in absolute sincerity and vulnerability. This session will unpack the power of owning your full identity, and demonstrate

how to show up in every personal and professional dynamic with relentless authenticity.

11:00AM PT: How Fellow Scholars are Making an Impact with Janet Watson, Jocelyn Mizero and Phalkun Out

SHE-CAN scholars share their journey, their discoveries, and most importantly how they make an impact! Through a conversation with mentor and moderator Janet Watson, you'll hear stories, accomplishments, and yes, setbacks that have propelled our scholars forward on discovering their own path and how they, and you, can make a difference.

12:00PM PT: Just Be You with Carrie Ricci

Sometimes it's hard to imagine that one person can make a difference, especially when that one person is a young woman who others might overlook. But we all have the ability to impact our world. Believe in yourself, tap into your potential and stay true to who you are. With passion and a positive attitude, you can bring about great change. It starts with just being you!

Friday, January 7th: Scholar Day

8:00AM PT: Unlearning Racism: Apparently I'm a "POC"... Now What? with Lindsey T. H. Jackson

Join this processing group to explore the unique experience of arriving in the United States from our countries of origin, and finding ourselves labeled with identities like POC (Person of Color). Together we'll unpack the personal experience of living with the North American dominant cultural norms, as they intersect with people's perceptions around race and the global south. This is our time to laugh, to cry, to question, and to find solidarity together in this unique experience.
