

Strengthen Your Impact in the Community

Conversations that Matter

Utah Women's Leadership Speaker & Dialogue Series

Wednesday March 7, 2018 (6:30-8:30 p.m.)
Ragan Theater, Sorensen Center, Utah Valley University

Keynote Speakers



This *Impact* evening will begin with a brief plenary session where President Matthew Holland and First Lady Paige Holland will share some of their final words on why girls and women should prepare to impact their communities through education, service, engagement, and leadership. Attendees will then join one of five workshops (poverty/homelessness, sexual assault, literacy, mental health/suicide, and opportunities for young women to serve) to learn how to become more engaged in serious and difficult topics and efforts in the community. Women (12 years and older) and those who influence them are invited (this means men are welcome too)! See page 2 for workshop details.

RSVP at www.utwomen.org

Our evening will conclude with light refreshments as attendees dialogue about what they have learned. The event will live stream, and video recordings of the event will be available at www.uen.org and rebroadcast on UEN-TV channel 9.1.

Thanks to our event sponsors!



*The Steve & Bette
Gibson Family*



Workshops (Choose One)

Finding Opportunities as Young Women to Serve in the Community

Alexis Palmer (Associate Vice President & Dean of Students, Utah Valley University) & Summer Valente (Director, Volunteer & Service Learning Center, Utah Valley University)

This interactive session provides an opportunity for participants to identify and learn how to have meaningful impact in their communities. Service is a critical way for young women to develop their confidence and leadership skills. Our youth have a great desire to be involved and make a difference, but it can be difficult to know where to start. Attendees at this workshop will receive resources and tools to help them find opportunities to serve in their areas, including learning to use sites such as United Way 2-1-1 and Justserve.org. (Bring your phones and tablets!)

Poverty and Homelessness in Utah: What Can I Do About It?

Karen McCandless (Executive Director, Community Action Services and Food Bank), Ashley Hoopes (Director, Circles Salt Lake), & Jen Nibley (Executive Director, Arrive Utah)

Poverty isn't something that happens in someone else's neighborhood; it is in all neighborhoods. Over 72,000 people live in poverty in Utah County alone—more than the BYU football stadium can hold! Poverty and homelessness persist in Utah communities, and the effects are far-reaching. Attendees will learn about the root causes of poverty and homelessness and steps being taken locally to address these serious issues. Presenters will discuss how to become involved with community organizations and how to help others, one on one.

Sexual Assault in Utah: Shining a Light on a Serious Issue

Tiffany Turley (Title IX Coordinator, BYU) & Representatives from the Rape Recovery Center, Utah Coalition Against Sexual Assault, and Center for Women and Children in Crisis

Nearly one in two women in the U.S. will experience some form of sexual violence in her lifetime, and unfortunately Utah has the same overall rate. Public awareness on this topic is increasing from the recent momentum generated by the #metoo trend on social media, and the mainstream media coverage of sexual violence is making an impact on our society. Presenters will discuss more about these important issues, including prevention, intervention, and response strategies. Together we can make a difference in ending sexual violence in Utah, one voice at a time.

Promoting Literacy in the Home and Community: We All Have a Part

Dr. Nancy Peterson (Professor of Education, Founder of the Forum on Engaged Reading) & Dr. Lorilynn Brandt (Associate Professor of Education, Literacy Specialist, Former Elementary School Teacher)

No matter where you live or work, learn or play, there's someone near you who could benefit from a literacy boost, whether it is starting "from scratch," or just getting better. The key to providing either a formal boost as a volunteer, or a more casual "step up" as mentor and friend, lies in knowing who needs help and what they need. This session, facilitated by Drs. Peterson and Brandt, will teach attendees how to make a difference in someone's literacy life—children, youth, and adults. Chances to enhance others' literacy—and your own—abound! Come and explore some possibilities.

Essential Tools for Preventing Suicide & Helping to Save a Life

William A. Erb (CMHC, NBCC, Senior Director Student Health Services, Utah Valley University) & J.C. Graham (L.C.S.W., Director, Crisis Services, Utah Valley University)

One suicide is one too many. This engaging workshop will teach you an evidenced based suicide prevention model called QPR. Participants will learn how to *Question* a person who may be considering suicide, how to *Persuade* the person to get help, and how to *Refer* them to resources where they can get the help that they need. Given that self-care is a vital component of crisis work, the workshop also includes a focus on *Chocolate Therapy*, which teaches participants to become better equipped at practicing mindfulness to calm the body's natural responses to stress. When our brain is calmer we can think more clearly, and we can act more efficiently during times of stress.