



Join us for a new Women in Educational Leadership initiative beginning October 2021.

The FemLightenment Series is designed to bring those who identify as women together to share their experiences in educational leadership.

Each one-hour virtual session will take place on Saturday mornings from 10:00 – 11:00 am and are open to all members upon registration at no cost.

As part of the series, facilitators will be invited to share resources, strategies and practical ideas that participants can use to support their practice.

**October 30, 2021**

## **Women Leaders in High-Poverty Schools**

*Facilitated by Dr. Jennifer Lawson*

Jennifer Lawson will share her research on the topic, with practical applications that include:

- Poverty and Schooling
- Leadership in High-Poverty Schools
- Women and School Leadership

This will be an interactive session designed with opportunities to engage in break-out discussions, whole-group activities, and individual reflections.



**Jennifer Lawson**, PhD, is the originator and program editor of the Hands-On series by Portage and Main Press. In addition to her writing, Jennifer teaches in the Faculty of Education at the University of Manitoba and is a local School Board Trustee. She is also one of the founders of Mission to Mexico, an organization that works with, and provides supports to, schools in some of the most impoverished communities in Puerto Vallarta. Jennifer is a former classroom teacher, resource/special education teacher, consultant, and principal. Her doctoral research focused on Leadership in High-Poverty Schools.

**Register for Part I - <https://memberlink.mbteach.org/Event.axd?e=1428>**



December 11, 2021

## **Fry No More - Preventing the Burnout Cycle to Successfully Lead On**

*Facilitated by Shannon Gander*

Juggling multiple demands, tight deadlines, and change while trying to meet everyone's expectations, can all increase stress and risk to burnout for leaders. Disability rates due to stress are higher than ever. Resiliency helps us to bounce back from difficult life events, navigate and adapt to shifting priorities, and is key for protecting our mental health. It also helps us to positively influence workplace morale. This session provides leaders with the latest in neuroscience and how to use this information to master your body's stress response and prevent burnout from a busy work life.

**From this interactive and dynamic session, participants will know:**

- How to use your awareness to gain stability in difficult moments
- The importance of an anchor skill for mastering the acute stress response
- How to manage the worrying brain to be more present at work, home and get more sleep at night
- How mindfulness and compassion serve you well at work
- Strategies for work-life boundaries
- How to have a positive impact on workplace morale by protecting your mental health

This will be an interactive session designed with opportunities to engage in break-out discussions, whole-group activities, and individual reflections.



**Shannon Gander** is a Mental Health and Resiliency Strategist. She is a skilled consultant, trainer, counsellor, and mediator who has been consulting with individuals, workplaces and teams for over 20 years. She founded Life Work Wellness, a company that empowers individuals and workplaces to achieve their goals for better mental health. Shannon has worked with multiple clients over the years whose stress level has impacted their ability to work and has contributed to short and long-term disability. She has a passion for teaching skills that mitigate stress and help people prevent burnout. She also demonstrates how everyone can contribute to healthy organizational culture. Shannon's dynamic background in counselling and workplace interventions help her to bring mental health and wellness topics to life equipping participants with strategies to apply right away and into the future in all areas of life.

**Register for Part II - <https://memberlink.mbteach.org/Event.axd?e=1429>**



January 29, 2022

## **An Eco-Feminist Approach to Educational Leadership Amid the Climate Crisis**

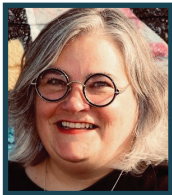
*Facilitated by Dr. Alysha Farrell*

Climate change, biodiversity losses and extreme weather events will make educational leadership in Manitoba more challenging and complex in the years to come. As we become increasingly aware of the impacts of climate change, the moral and ethical obligations of what it means to love and to teach other people's children will take on new meaning.

**The aim of the session is to describe:**

- An eco-feminist orientation to educational leadership, one in which mutual recognition, an ethic of care and compassionate witnessing are fundamental to educating amid the climate crisis.
- Relational leadership practices that foster mutual recognition and a greater attunement to the emotional dimensions of leading and learning in tumultuous times.

This will be an interactive session designed with opportunities to engage in break-out discussions, whole-group activities, and individual reflections.



**Alysha Farrell** is an Associate Professor in the Faculty of Education at Brandon University. She has been involved in public education in Manitoba for over 23 years as a classroom teacher, educational consultant, program director, researcher and instructor. Her research focuses on the impact of the climate crisis on young people and the emotional dimensions of teaching, leading and learning in precarious times.

**Register for Part III - <https://memberlink.mbteach.org/Event.axd?e=1430>**



February 5, 2022

## Hen In the Den

*Facilitated by Lara Rae*

We have all heard of the rooster in the hen house. What happens when women gain access to men in their natural environment and can relay tips on navigating the patriarchy and being assertive without being aggressive or “masculine”? Lara Rae was socialized and presented male for 52 years and she gives cis women and other ‘not men’ some insight into surviving this “man’s world” until such a time as the world becomes more equitable.



**Lara Rae** is a fixture and known in the local, national and international community for her leadership in a variety of areas; a community activist, University of Winnipeg instructor in the Department of Women’s and Gender Studies, Gemini nominee and recipient of three Canadian Comedy Awards. Lara is also the recipient of the 2021 Nellie McClung Foundation’s Manitoba 150 Women Trailblazer Award.

Lara co-founded the Winnipeg Comedy Festival with CBC Radio’s Tom Anniko in 2002, and worked as the festival’s artistic director for close to two decades.

In response to a growing need, she recently founded the food insecurity group, **PANTRY**, a community-based project that provides food, winter clothing, and other supplies to people struggling with food and shelter insecurity.

**Register for Part IV - <https://memberlink.mbteach.org/Event.axd?e=1431>**