“Women of Color Self-Care Dialogue” facilitated by Dr. Jackie Reza
October 19th, 3-4:30 pm
Multicultural Community Center

As women of color, we are often asked to do more and more with less and less recognition and not given credit where credit is due. We are frequently put in a position that causes us to subordinate our own needs for the sake of making our institution and upper management look good. Moreover, we are often under-estimated and not given challenging projects and/or overlooked for promotion. The result is that we may suffer from lower rates of physical and mental health, lower self-worth, disrespectful treatment and a devaluing our contributions. In this 90-minute session, participants will have the opportunity to give voice to their own self care needs, hear about the experiences of others, and learn about self-improvement actions they can take immediately.

RSVP to: staffdiversity@berkeley.edu

Best,

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Pronouns: she/her/hers