RESOURCES & PROGRAM CATALOG

Ursuline College
Institute for Women, Wellness & Work
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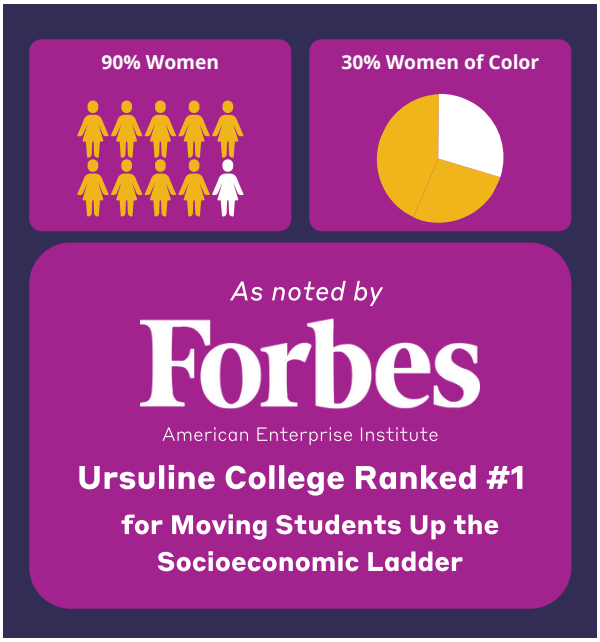
THE INSTITUTE FOR WOMEN, WELLNESS & WORK

For 150 years, Ursuline College has been creating lifelong learning spaces where women can advance their careers, discover their passions, and find new ways to engage purpose and value in personal and professional life.

The Institute for Women, Wellness & Work is an extension of Ursuline College and is committed to empowering women to excel and drive positive change, both in their own lives and the lives of others.



The Institute provides high-value content and resources that create a rich, inclusive environment of continuous learning and growth for all women, regardless of background or life stage.

Through community engagement, support, and a variety of educational resources, The Institute offers valuable programming that responds to current needs and creates transformational experiences.

LEADING FORWARD RESOURCES

Leading Forward Resources offer articles, videos, podcast, and webinars for both personal and professional development. Each modality addresses an array of topics from leadership and career, to personal growth, to holistic wellness with a focus on the ways they relate to diverse women's lives.

BEYOND THE BOX

Articles focused on exploring leadership and career grounded in a gender and intersectional perspective.

MENTOR MOMENT

Video series that offers mentorship and advice from women who are leading forward and making positive change.

WOMEN'S WORK

Podcast that offers insight from insiders and calls women to recognize themselves as the leaders they've been waiting for.

POWER LEARNING WEBINARS

The Institute offers several webinars a month facilitated by area experts to offer skill building and growth on a number of topics including:

- Women's Leadership
- Diversity, Equity, Inclusion, and Intersectionality
- Emotional Intelligence
- Entrepreneurship
- Intentional Living
- Agility
- Writing and Publishing
- Holistic Wellness
- Nutrition
- Self-Care

ESSENTIAL SKILLS FOR THE FUTURE OF WORK

Dealing With Ambiguity

- COVID-19 has taught us one thing for certain…nothing is certain. Change will continue to happen with increasing velocity and uncertainty will become the norm. As the world moves faster, individuals will need to sharpen their skills to deal more efficiently and confidently with ambiguity. This course will help you learn how to:
- Overcome your natural instinct for clarity and assurance
- Become comfortable with an unknown future
- Make the best decision with the data available
- Move forward with confidence

Developing Your Innate Curiosity

Due to the uncertainty ahead it will be necessary for individuals to broaden their approach to learning and to develop a "hunger to learn" that is both urgent and broad. A broad interest in a wide variety of topics, subjects and themes—and the ability to see patterns, trends and insights from all that knowledge will allow individuals to:

- Connect the dots
- Innovate more quickly
- Develop greater individual and organizational resiliency

Embracing Openness

Human beings have become more monolithic in their relationships, information sharing, who they trust, etc. Advances in technology and social media have limited versus expanded our perspectives by allowing us to only focus on information and interactions with and from others who act, think, believe as we do. As a result, we limit our ability to innovate, solve problem effectively and efficiently, and discover the "best" opportunities and solutions. By cultivating the ability to listen, share and learn from others both like and unlike us, participants will be empowered to:

- Develop a spirit of openness
- Engage in civil discourse
- Benefit from compromise

Entrepreneurship and Empathy

The future will require an ability to tune in to the shifting needs of markets and to more deeply understand customers and key users. This will require individuals to develop both an entrepreneurial mindset as well as empathy. In order to fuel innovation individuals will learn how to:

- See new opportunity by developing the ability to understand circumstances and the challenges they create
- Assess risk and take appropriate action
- Apply these approaches to problem solving at work or in their personal life and/or communities.

Developing Resilience and Grit

Stepping up, leaning in, being bold, getting heard, living life are all actions that will require you to take risk and in taking risk, there will be setbacks. How do you bounce back when your actions don't result in the outcomes you desire? How do you develop both your resilience and your grit. Participants will learn how to:

- Develop the mindset that fosters a personal belief that they can prevail
- Identify the passions that drive them
- Develop their inner strength
- Cultivate hope.

Optimism and Imagination

Hope is directly related to engagement and positive forward motion. Inherent to moving forward, is the ability to believe in a positive future and focus on possibilities. Participants will learn how to hone the skills of:

- Envisioning and foreseeing future possibilities
- Courage to own your role and participation
- Optimism and imagination are critical to staying motivated, inspired and driven to create new opportunities.

Agile Relationship Building

A critical differentiator in success is often tied to the network you have built and the relationships you have cultivated. Individuals with diverse networks have the social capital to draw on to both overcome barriers and to innovate. In a new "more virtual" world, it will be imperative to build relationships quickly and from a distance. Participants will learn how to:

- Build their social capital through the development of primary, secondary and tertiary relationships
- Establish trust, camaraderie, and affinity with others

Becoming a Person of "Smart" Action

Smart action is demonstrated by the ability to make things happen, marshal support, invest time and expend effort in a way that drives results. The most valued team members are those who jump into the ring and engage and get things done. Smart action requires individuals to be able to:

- Evaluate what action is needed
- Determine quickly the return on engagement
- Courage to own your role and participation

WOMEN'S LEADERSHIP: IDENTITY & AUTHENTICITY

Women, Diversity & Leadership

Research and events have demonstrated the ways women lead differently as well as the critical need for more women in leadership positions. This masterclass will explore gender differences in leadership, specific challenges faced by women in a male dominated world, and the value that diverse women's voices bring to our teams and organizations. Finally, we will delve into opportunities to engage gender-based strengths to advance leadership skills.

Discover Your Authentic Leadership Style

Join this masterclass to develop your authentic leadership style through exploring your own lived experiences, values, and motivations. You will deepen your self-awareness and gain tools to integrate your knowledge into the ways you lead.

Leadership & Effective Communication

Effective and strategic communication are critical for success. Join this masterclass for the opportunity to develop positive and effective presentation skills, understand the power of leadership through authentic storytelling, and shift communication styles to engage different audiences such as boardroom, customers, company employees, and community.

Leveraging Your Leadership Strengths

In this masterclass participants will come to better understand your strengths and the ways we are perceived by our sphere of influence. Participants will consider the importance of building relationships with colleagues, supervisors, and employees and opportunities to demonstrate leadership presence and influence that positively engages key stakeholders.

EMOTIONALLY INTELLIGENT LEADERSHIP

Self-Awareness & Expression

Join this masterclass to develop a better understanding of what it means to be self-aware, how we express our emotions, and actualize our values. Gain insight and advance your level of self-awareness, engage your strengths, and lead with intention.

Social-Awareness & Responsibility

Participants will consider the importance of emotional intelligence in building relationships with colleagues, supervisors, and employees and opportunities to demonstrate leadership presence and influence that positively engages key stakeholders. In addition, participants will explore how our levels of emotional intelligence influence the realms of social responsibility, decision making, and ethical leadership.

Becoming an Emotionally Intelligent Leader

In this masterclass, participants will complete the EQ-i 2.0 Assessment offering the opportunity to gain insight and awareness of their emotional intelligence. Through assessment, small group coaching, and interactive learning, participants will develop an understanding of leadership strengths, abilities, and areas for growth and the ways being intentional can shift our potential.

MASTERCLASS PROGRAM SERIES

THE WRITER'S WORKSHOP SERIES

Put it in Writing: How to Get Published
Join us for this masterclass to learn how to move beyond the blank page, overcome writer's block, take your writing to the next level, and get published. You will learn how to navigate the publishing industry, write a proposal, and pitch your idea. We'll also discuss when and how to self-publish. Bring your writing projects and get ready to take the next steps towards sharing your voice with the world.

Writing for Change
Writing for public consumption is dominated by a small percentage of the population. As a result, the ideas that shape our perspectives – and our history - are limited and leave much to be desired in an ever-changing world. Each of us are informed by our own lived experiences and our voices are critical to these larger conversations. Join this masterclass to develop a toolkit for building writing skills, creating attention grabbing content, and learn how to share it with the world from blogging to op-ed publishing.

Writer's Bootcamp
For many of us, finding the space and time to write can be challenging. The Writer's Bootcamp is a weekend dedicated to creating a quiet and calming space where writers can focus on their craft with opportunities to participate in mini workshops that offer guidance on overcoming writers block, efficient writing and research, mapping your projects, and completing your manuscript. Small group coaching available. A great opportunity for novice and experienced writers, as well as graduate students focused on completing theses and dissertations. Coffee, snacks, and lunch provided.

TO LEARN MORE SEND AN EMAIL TO
institute4women@ursuline.edu
OR VISIT OUR WEBSITE:
www.womenwellnesswork.ursuline.edu

PROGRAM CALENDAR

SEPTEMBER 2021

POWER LEARNING WEBINARS

September 14 @ 1pm: Marketing in a Digital First World

September 28 @ 12pm: Personal Energy Management

MASTERCLASSES

11:30am-1:30pm | Fee: $59 | Subscriber Rate: $49

September 2: Dealing with Ambiguity

September 17: Women, Diversity & Leadership

WEEKEND INTENSIVE VIRTUAL EVENTS

September 18: Put it in Writing: How to Get Published

9am-1pm | $99

September 25: Leading an Intentional Life

9am-4pm | $199

OCTOBER 2021

POWER LEARNING WEBINARS

12pm | Free

October 5: Find Your Passion and Purpose

October 12: Drive Better Results from Your Marketing Campaigns

October 28: Self-Management vs. Self-Care

PROGRAM CALENDAR

MASTERCLASSES

11:30am-1:30pm | Fee: $59 | Subscriber Rate: $49

October 7: Developing an Innate Curiosity

October 14: Develop Your Authentic Leadership Style

October 21: Create Your Vision Board; Create a Vision for Your Life

WEEKEND INTENSIVE VIRTUAL EVENTS

October 16: The Power of Publishing: Writing for Change

9am-1pm | $99

October 23: Developing an Intentional Life Plan

8am-12pm | $99

NOVEMBER 2021

POWER LEARNING WEBINARS

12pm | Free

November 9: Leadership & Emotional Intelligence

November 18: Developing a Sense of Gratitude

MASTERCLASSES

11:30am-1:30pm | Fee: $59 | Subscriber Rate: $49

November 4: Embracing Openness

November 16: Leadership and Effective Communication

PROGRAM CALENDAR

DECEMBER 2021

POWER LEARNING WEBINARS

12pm | Free

December 7: What Does it Mean to be Happy?

MASTERCLASSES

11:30am-1:30pm | Fee: $59 | Subscriber Rate: $49

December 9: Leveraging Your Leadership Strengths