

Pushing back against everyday sexism



Description and objectives

This workshop seeks to increase your skills in identifying and countering potential negative effects of sexism in your lives. During the workshop, we will practice techniques and approaches to respond to various professional situations (including those brought by participants). The focus will primarily be on addressing bias encountered in other people; however, we will also explore how we have each internalized some beliefs that are not necessarily coherent with our professed views.

The workshop will follow a 3-part structure:

- **It's still alive!** – Recognizing and challenging sexism in your life (micro-aggressions, intersectionality, implicit bias, mansplaining)
- **Sisterhood** – Finding mentors and supporting others (amplifying, spotlighting, networking, avoiding anti-mentors)
- **Self-Care** – Choosing your battles and developing your internal compass (self-confidence, legal resources, work/life balance)

Approach

This workshop is resolutely participative and will employ multiple strategies to promote personal reflection, small group discussion and collaborative problem solving.

Trainer

Siara Isaac, pedagogical advisor, Teaching Support Centre, EPFL

Number of participants	16
Date and location	1 st October 2020, University of Lausanne
Registration opening	20 th August
Duration	9h15–17h
Contact	egalite@unil.ch