

U of G Women, Work and Wellness

What are your challenges to living and working well?



...and mark your calendar for the final sessions of 2019/20

Thursday, March 26

11:30 am – 1:00 pm/ UC 442

Wednesday, May 6

4:30 pm – 6:00 pm / location tbc

Powerful speaking

Thursday, February 27 / 7:30 am - 9:00 am / Brass Taps, University Centre

“Women often undermine their power by speaking in “out of power ways.” How you speak — from the words you use to how you string them together— makes a huge impact on how you’re perceived which, in turn, profoundly impacts the influence you build, doors you open, and the success of your career.”

<http://www.forbes.com/sites/margiewarrell/2018/04/03/women-how-to-use-power-language-to-stand-out-grow-presence-and-get-ahead/>

7:30 am networking and a continental breakfast will be available.

7:45 am presentation

8:00 am reflection and sharing

Please register using this [RSVP link](#)