

Micro Course Monday – Women, Leadership & Wellness

Micro Course	Women, Leadership & Wellness
Date	Monday, September 16th
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – campus map – parking in lot 5
Online Link	Live online in Collaborate
Presenter	Christina Leshko & Darien Cain



The poster features a background image of a woman's hands raised in a gesture of participation or agreement. The text is centered and reads: "MICRO COURSE MONDAY" in black, "WOMEN, LEADERSHIP & WELLNESS" in pink, and "Join Christina Leshko & Darien Cain on Monday, September 16th at 3:00pm in Dana 228 or live online in collaborate" in black. At the bottom left is a QR code, and at the bottom right are two circular icons: one with a flag labeled "Leadership" and one with a head silhouette labeled "Mental Health Awareness".

This micro-course session explores the relationship between leadership identity, leadership style, and mental wellness as it relates to the experiences of self-identified women leaders. This session outlines the leadership theories best calculated to help women leaders leverage their skills and advance their ability to be successful in their careers.

Still interested in the topic?

If you want to develop a better understanding and appreciation of experiences, values and challenges of people from different backgrounds consider enrolling in the [Diverse Perspectives microcredential](#). The microcredential includes 10 credits exploring SOCI 300 – Race & Ethnic Relations, one gender/sexuality course, one diversity course, and SSCI 401 – Diverse Perspectives Capstone.