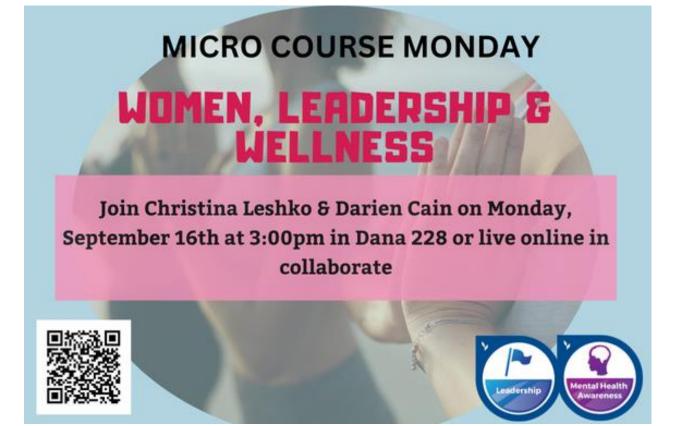
## Micro Course Monday - Women, Leadership & Wellness

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



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 <u>Diverse Perspectives</u> <u>microcredential</u>. The microcredential includes 10 credits exploring SOCI 300 – Race & Ethnic Relations, one gender/sexuality course, one diversity course, and SSCI 401 – Diverse Perspectives Capstone.