



Workshop for mentees of the Rowena-Morse-Mentoring-Programme

Feminist empowerment for everyday (university) life

09 February 2024, 10:00–16:00, online

Trainer: Julia Lemmle

In the training, we work with concrete methods for self-empowerment that suitable for everyday life and professional appearance in an academic context for more awareness, presence and resilience. The experienced communication tools are helpful both for solidarity-based empowerment among peers and colleagues as well as in discussions with professors and superiors.

In addition, there is space to collect and try out possible courses of action against sexist and abusive behavior and speech (especially in academia). The focus here lies on encouragement and exchange!

Focal points:

- Self-strengthening and resource activation
- Using body language consciously to counteract stress and pressure
- Co-Counseling as a powerful clarification tool
- Exercises for sustainable exchange beyond the seminar period

Julia Lemmle is a communication trainer, systemic coach and performer. She studied history and literature, (focus on gender studies & critical whiteness) and created the 'Rhetoric-Empowerment-Training for WomenLesbiansInterNon-BinaryTransAgender (FLINTA*)' in 2010.

She unites critical analysis with coaching tools and bodywork/embodiment to support individuals and teams in (re)connecting with their own values and standing up for them and themselves since over 15 years. She teaches at various universities, works for foundations, trade unions and cultural institutions.

Participation

The workshop is offered and funded by the Thüringer Kompetenznetzwerk Gleichstellung as part of the Rowena-Morse-Mentoring-Programme.



Registration

Binding registration until 01 February 2024

Thüringer Kompetenznetzwerk Gleichstellung

email: kontakt@tkg-info.de

Please note: If you have to cancel your participation after registering, please send us an early cancellation email for organisational reasons. The number of participants in the workshop is limited and places may be allocated elsewhere.