

Pushing back against everyday sexism

Description and objectives

This workshop seeks to increase PhD's and postdocs' skills in identifying and countering potential negative effects of discrimination in their lives and those of their colleagues. 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 discrimination 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 highly participative and employs multiple strategies to promote skill development (including personal reflection, small group discussion and collaborative problem solving).

Trainer

Dr. Joelyn de Lima, conseillère pédagogique, EPFL