

**WORKSHOP**  
**Pushing Back Against Everyday Sexism**  
10.10.19

14.00-17.30, Extranef 109

**Description and objectives**

This workshop is designed to support women in increasing their skills in identifying and countering potential negative effects of sexism in their lives and for those around them. 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 which are not necessarily coherent with our professed views.

The workshop will address the following issues:

- Recognizing and challenging sexism in your life (micro-aggressions, intersectionality, implicit bias, mansplaining);
- Finding mentors and supporting others (amplifying, spotlighting, networking, avoiding anti-mentors);
- Choosing your battles and developing your internal compass (self-confidence, legal resources, work/family balance).

**Methods**

This workshop is resolutely participative and will employ multiple strategies to promote personal reflection, small group discussion and collaborative problem solving.

**Preparation**

Participants will be encouraged to take some online tests on implicit bias as an introduction to the topic.

**Trainer**

Siara Isaac, pedagogical advisor at the Teaching Support Centre, EPFL.

**Language**

The workshop will be given in English. Participants can speak in French or English as preferred.