



Our Voices

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Mindful and Purposeful Leadership

by Dianne Honorio

SRILATHA BATLIWALA'S (2011) work on feminist leadership points out how enormous amounts of energy, human resources, creativity and money have been invested in building leadership for social transformation by donors, and capacity-building and social justice organizations like the Women's Resource Centre (WRC), fostering the idea that leadership is a means and not an end. Consequently, leadership capacity and skills are built for something, to do something or change something.

Last fall over the course of 4 months I had the privilege of embarking on an incredible journey through Zaypo's Power with Purpose leadership development program. Previously, never daring to acknowledge myself as a leader, I was wary at first and even a bit resistant. What is power? What is my purpose and how does power with purpose actually play out? A precious nugget taken away—the integral influence of our core values, beliefs, passions, and strengths on how we lead and make an impact. Moreover, the simplicity



and power of self-awareness was itself an epiphany, and it was encouraging to know other peers had the same significant realization.

Around the same time, WRC volunteers had the amazing opportunity to take part in a similar leadership journey through Zaypo's True North Discussions, which focused on each individual's North Star, Polaris—their true authentic selves. Karen Liu, a Community Outreach and Peer Support team member, reflects on how her

leader identity was reaffirmed, by "recognizing my strengths as a form of communication and connection, my bubbly and enthusiastic personality helps me lead, engage, educate, and inform my family, friends, classmates and the community of my values and beliefs deeply aligned with the WRC's." For Events and Education team member, Sharleen Nijjar, "the True North talks helped me cultivate a greater sense of self-awareness. In order to effectively take on activist projects and provide peer support I need to engage in self-care. My health and wellness needs to be a priority."

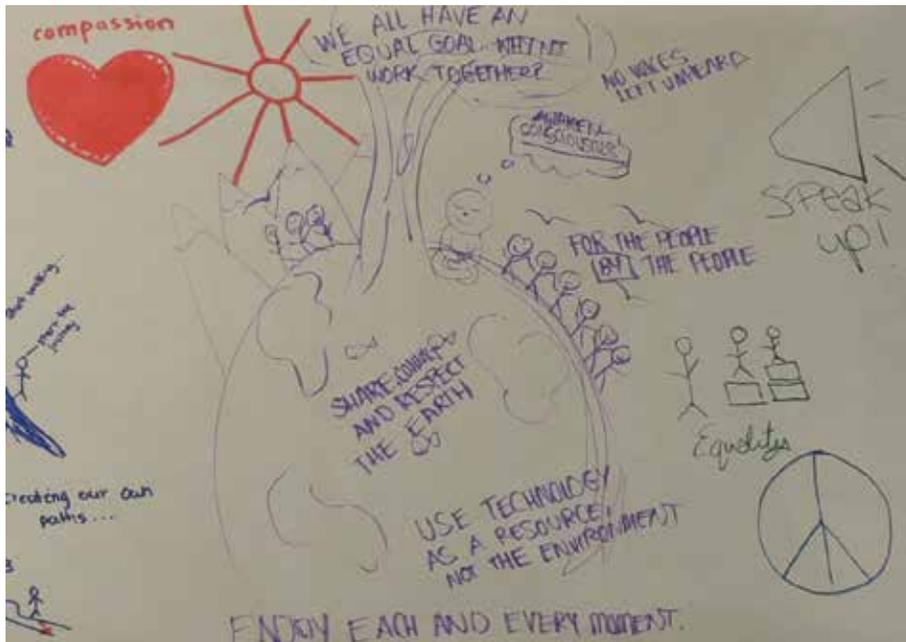
With consciousness awakened and our genuine selves present, being in tune with oneself emphasizes the notion that change begins from within which fits seamlessly with the definition of 'feminist' in Batliwala's work. Individuals with a feminist perspective and vision of social justice entail "transforming themselves as leaders, using their power, resources and skills in non-oppressive, inclusive structures and processes to mobilize others around a shared agenda of social, cultural, economic and political transformation for equality."

Drew Dudley mentions in their 2010 TED talk that leadership has been interpreted into "something bigger than us, something beyond us, and we have taken the title of leader and treat it as if it's something that one day we're going to deserve but to give it to ourselves right

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now means a level of arrogance or cockiness that we're not comfortable with." This observation calls attention to both our individual and collective role, big or small, in bringing to life mindful and purposeful leadership to positively transform the world, while challenging the negative and traditional connotations still associated with being a leader. It's a daunting task to say the least, but acknowledging, appreciating, building on, and living out our true leader identities undoubtedly has the potential to catalyze meaningful change.



DIRECTOR, OFFICE OF DIVERSITY, EQUITY AND PROTECTED DISCLOSURE

Dr. Valerie Pruegger



DR. VALERIE PRUEGGER, Director of the Office of Diversity, Equity, and Protected Disclosure is new to her position as of 2014, but well known to the University of Calgary for her personal and professional leadership, and the passion she brings to her work.

With a B.Sc. and M.Sc. from the University of Calgary and a Ph.D. from Queen's University, Valerie Pruegger took her specialty in cross-cultural and organizational psychology to the business world. She has developed and facilitated organizational change processes and workshops related to diversity, inclusion, and equity for a variety of voluntary, governmental, and private-sector groups. She was a Social Research Planner at The City of Calgary for 15 years; conducting community based research on issues such as immigration, racial profiling, and racialization of poverty. She has been a sessional and adjunct professor in the Department of Psychology at the University of Calgary a sought after consultant in the area of diversity and equity for nearly 20 years. In September of 2014 she took on her new role as the Director of the Office of Diversity, Equity and Protected Disclosure.

In sharing her personal leadership philosophy, Dr. Pruegger emphasizes "I like to lead from behind where I can really listen. If I'm standing in front, I'm doing all the talking and not getting the full picture". On the leadership qualities she values most she says: "the leaders that I have admired are calm under stress, thoughtful of the needs of others, encouraging willing to hear and act on constructive criticism, and always ready to stand up for what they believe in, including providing a voice or space for those who are marginalized".



The ceremony is supported by the Students' Union.



WRC Awards

CELEBRATING WOMEN'S WISDOM, RESILIENCE AND COMPASSION

Distinguished Alumna

LINDA R. CROCKETT

LINDA CROCKETT WAS BORN IN SCOTLAND and raised in Canada, and describes herself as being blessed with a wonderful husband, four children and eight grandchildren. Having raised her children alone and often on welfare, she put herself through College and University. Linda knows what it means to make sacrifices and survive difficult times. She graduated with an Advanced Clinical Masters Degree in Social Work with a specialization in addressing the psychological, physical and emotional affects of Workplace Bullying. Linda recognized a gap in services to provide supports and resources for recovery from the complex affects of bullying. She



has 25 years of experience in social work which allows her to draw on a wide range of skills and resources for her clients. Linda works tirelessly to break the silence that enables abuse to continue. She is an active member of the Workplace Bullying Institute USA, International Association on Workplace Bullying and Harassment (Sweden), and the Alberta Bullying Prevention Network.

Linda has become the first social worker to speak publicly, sharing her experiences of workplace bullying. She provides a wide range of resources to help meet the needs of all ages, cultures, communities and professions affected by bullying. Whether her clients are targets of bullying or perpetrators of bullying, her doors are open to enhancing awareness, supporting healing and positive changes. Linda is passionate about being fully present with her clients and respecting each case as unique. She is non-judgemental in her approach and opens her doors to all anyone affected by this abuse.

Linda has dedicated her life to helping others who struggle through various life crises and circumstances. She has provided support and resources to people living in poverty, and those suffering from all forms of abuse and addictions. Linda believes it is important to provide a holistic approach to each case of bullying, for every person has a story that deserves to be heard. Linda is committed to helping women find their voice, experience safety, and enjoy a more confident lifestyle.

Distinguished Student

TIFFANY SOSTAR

TIFFANY SOSTAR STARTED HER ACADEMIC CAREER later than most. In her late 20s, after coming out as bisexual, she ended her marriage and restarted her life. Returning to a passion for English literature and discovering for the first time a deep love of all things theory, she took her first University course and fell in love. Now, almost through a double-major in English (hon.) and Women's Studies (hon.), Tiffany focuses on issues of gender and sexuality in her research and brings enthusiasm and a commitment to social justice activism to each of her classes and research projects.



Tiffany is genderqueer, bisexual, neurodivergent and invisibly disabled. Having struggled with an anxiety disorder and multiple major depressions since her early teens, she has developed excellent coping and self-care skills. At 30, Tiffany was diagnosed with fibromyalgia, and has since further developed her self-care skills and her work in the area disability justice. She is resilient and strong, and her experiences with suicidality, self-harm, debilitating anxiety, panic, and chronic pain have made her empathetic and compassionate to many members of her communities who face the stigma and shame associated with these perceived signs of 'weakness.'

Although she does not believe in fate or the idea that "everything happens for a reason," Tiffany has chosen to use her challenges as tools and motivation for her activism. When there was no bisexual community in Calgary, she started one. When friends struggle with anxiety or depression, she shares resources and self-care strategies. She is a community organizer and has been involved in organizing or founding bisexual, pansexual, asexual, trans, polyamorous, kink and mental health communities. She also works extensively with various marginalized communities through her writing workshops, which focus on issues of trauma, desire, history, fantasy and identity.

THE SHEILA O'BRIEN AWARD FOR EXCELLENCE IN LEADERSHIP 2015

Aashna Josh



AASHNA JOSH IS A FOURTH year Biological Anthropology and Biological Science major. She loves learning and is passionate about her field of study. She enjoys studying human fossil remains, primate conservation, and genetics. She has experience working in an Osteology lab on campus, and she currently does research in the Molecular Genetics lab at the Alberta Children's Hospital. Her research focuses on using current medical technology to develop a detection method for a particular congenital, adrenal disorder. She plans to graduate this year, and has aspirations for graduate and/or medical studies.

tember of 2013. She has been interested in social justice and activism her whole life, and this spurred her to join the WRC to further her causes. She has learned a lot about feminism from speaking to her peers in the centre, attending events, and starting conversations with those more experienced in their activism. Prior to joining the WRC, her feminism was limited to gender-based and sexual orientation-based issues, however, after becoming a part of the WRC, she has learned about the importance of intersectional activism. She enjoys public campaigning and speaking to people who are unaware of many of the issues we face in today's society. She is currently working on better implementing her activism and feminism into daily life. Aashna is one of the most committed volunteers and has been a valuable mentor and friend to fellow volunteers. Aashna was selected by her WRC volunteer peers to be recognized for her outstanding contributions to the WRC and the campus community.

Aashna has been a member of the WRC as part of the Community Outreach and Peer Support Team since Sep-

For more information on the award, please visit: http://www.ucalgary.ca/women/volunteer_award



I support the Women's Resource Centre.

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

- I would like to volunteer.
- I would like to be notified of events & information.
- I would like to have a copy of the WRC newsletter.
- I would like to donate to the WRC

There are several ways to donate to the Women's Resource Centre including online donations by credit card. We also accept donations by cash, cheques, and new books for our growing Women's Resource Library. A tax creditable receipt is provided with each monetary donation.

Enclosed is my donation of:

- \$50
- \$75
- \$100
- \$ _____

Send donations to:

Women's Resource Centre, MSC 482, 2500 University Drive NW
Calgary, Alberta T2N 1N4

Online Donation: www.ucalgary.ca/giving

How can you support the WRC?

BY VOLUNTEERING

Volunteers are the heart and soul of the WRC. All of our programs are led by volunteers representing different sectors of the community campus including students, staff, faculty and members of the Calgary community. The WRC team works to facilitate the projects, ideas and creative initiatives of our volunteers and the centre is defined by and for the women who volunteer with us and enjoy our space. Volunteering is an excellent way to take advantage of our beautiful space, interact with women from diverse backgrounds, and learn through dialogue and research.

THROUGH SPONSORSHIP

Sponsorship is an excellent way to see tangible growth and success at the WRC. Our yearly outcome-based assessments include important consultations with the users of the centre as well as key community stakeholders. When you support our centre you will receive a yearly package highlighting our activities, challenges and successes as well as newsletters describing upcoming events and including feature articles.

GET INVOLVED! If you are interested in becoming a volunteer, mentor or a sponsor, drop by our centre, visit our website at www.ucalgary.ca/women, call us at 403-220-8551 or email us at women@ucalgary.ca

