Biggest and Best Yet!

Strong Girls, Strong Women 2015 Conference
Louise Persson

AAUW-SJ and the Office of Women's Policy sponsored the highly successful third annual "Strong Girls, Strong Women" girls leadership conference on March 7. Focusing on issues women and girls face daily, the 300 attendees engaged around topics of the media, economics, health and safety.

Supervisor Dave Cortese welcomed everyone and presented branch president Diane Trombetta a plaque commemorating AAUW's work in conjunction with International Women's Day.

The audience interacted with the documentary film "Killing Us Softly 4," an investigation of how the advertising world impacts women's eating habits, self-image and confidence. Following the film and discussion, attendees participated in two workshops, then enjoyed a luncheon featuring amazing young women leaders, including AAUW-SJ Scholarship winner, Vanessa Aldaco.

As always, the entire day was free of charge. Financial sponsors included Kaiser Permanente, the Office of Women's Policy, the Commission on the Status of Women and AAUW-SJ.

Plans have begun for Strong Girls, Strong Women 2016! As one young woman commented, "Here at "Strong Girls, Strong Women," it's a different world."

Have a look at what went on at the conference on the next page. Don't miss the photos on Page 3!

Strong Girls Strong Women 2015 Leadership Conference

March 7, 2015

AAUW San Jose and the SCC Office of Women's Policy Strong Girls, Strong Women 2015 Leadership Conference

Saturday, March 7, 2015; School of Arts & Culture @ the Mexican Heritage Plaza; 8:00am - 1:30pm

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		SG Track 1	SG Track 2a	SG Track 2b:	SG Track 3a:	SG Track 3b:	SW Track 1	SW Track 2	
Time	All	Strong Girls:	Strong Girls:	Strong Girls:	Strong Girls:	Strong Girls	Strong Women:	Strong Women:	
		Exploring Freedom	Exploring Expression	Exploring Expression	Exploring Identity	Exploring Identity	Exploring Self Needs	Exploring Identity	
7:00a	Set up								
8:00		Registration; Continental Breakfast (Pavilion); Portraits (Courtyard); Resources Scavenger Hunt; Pedometer Challenge							
8:45		WELCOME (Pavilion); Esther Peralez-Dieckmann, OWP							
8:55		250 - 300 People Walk to Theater & Get Seated!							
9:00	Documentary " Killing Us Softly 4" & Facilitated Group Discussion (Theater)								
10:45	Break*	Break" Br							
10:55 to 11:40	Workshop #1	Making Work Work for Teens: How to Get, Keep & Thrive in a New Job	This is Beauty: Redefining Self- Worth & Cultivating Wellbeing in a Culture of Body Shame	Creating Safe Spaces for All Identities	Body Bashing Bonding How Girls Connect	You Are What You Eat! (w Adults)	You Are What You Eat! (w Girls)	Parents: Paying for College	
11:40	Stretch	Stretch! Str							
11:45 to 12:30	Workshop #2	Money Matter\$	You Are What You Eat! (strong girls only)	Because Love's Not Supposed to Hurt: Understanding Dating Violence	Creating Safe Spaces for All Identities	Making Work Work for Teens: How to Get, Keep & Thrive in a New Job	Put Your Oxygen Mask on First: Self-Care and Oneness Meditation	Because Love's Not Supposed to Hurt: Understanding Domestic Violence	
12:30		Buffett Lunch (self-serve) (Outside, eat in Pavilion)							
12:50	Strong Girls Leadership Panel: Creating a Platform for Change AAUW scholarship awardee Vanessa Aldaco; Helen Kassa; Kristen Pizzo, EDRC/Project HEAL; Moderator: Darcie Green								
1:30	Evaluations, closing remarks, distribution of portraits, raffle; Moderator: Darcie/Louise								
All Day	Resourc	Resource Tables							



300 attendees gather at the "Strong Girls, Strong Women" girls leadership conference



Presenter at "Creating Safe Spaces for All Identities" empowers young women to support each other.



Girls get the message about body image and self-esteem at the "Body Bashing Bonding" workshop.



Louise Persson, SGSW Planning Committee; SCC Board of Supervisors President Dave Cortese; AAUW Scholarship Winner Vanessa Aldaco; and branch president Diane Trombetta.



County Commendation is presented to AAUW and County Office of Women's Policy Director Esther Peralez-Dieckmann by Dave Cortese.



Let's recognize Louise Persson and Beverly Bassett for organizing the conference.