

DAY 1 Monday, July 19

SESSION	DESCRIPTION	TIME	PRESENTER(S)
Resolution of a Conflict in a Constructive Manner	This presentation/workshop will provide participants the motivation and tools to address challenging situations and conflicts in a constructive and positive manner. During the workshop, the presenter and University Ombuds, Eliane Markoff, will describe the different conflict management styles and how to use them effectively. There will also be a role play to demonstrate best practices in resolving a conflict.	12:00 - 12:45 p.m.	Eliane Markoff
Influencing Others Through Vision Stories	In this 75 minute interactive session, you will learn how to use visioning to influence up, down, and across the organization. After learning about the concept through a fun exercise, you will practice using the tool on a real situation that will help you create better alignment with someone you are working with, for, or someone reporting to you.	12:00 - 1:15 p.m.	Shawn Quinn
Trauma and Identity: Emerging into a Post-Covid Lockdown World	Massachusetts' lifting of COVID restrictions, combined with Bentley fully reopening in the Fall, has brought forward the reality of living in a post-lockdown world. Although the collective trauma brought on by the pandemic will be essential to address, the unique challenges caused by a system that regularly and severely discriminates against some groups within the United States, coupled with stay-at-home orders, has caused a disproportionate impact on those living marginalized experiences. This session will explore the psychology and biology of trauma, how individual and intersectional identities impact how trauma is experienced, and how to address trauma using a "community cares" approach.	1:30 - 2:30 p.m.	Steph Bohler Matt Banks Catalina Ocampo
Resilience, Grit, and Mental Toughness	Join this feel-good webinar to learn the art of empowered thinking! Explore the psychology of resilience and learn thinking strategies that are guaranteed to help you through life's challenges. What does it mean to "fall up" or to be "stress hardy"? Learn to view your set-backs as opportunities with a growth-mindset. Together we can create a baseline of optimism, gratitude, and peace that will endure, even in tumultuous times.	1:30 - 2:30 p.m.	Harvard Pilgrim
A History of Inclusion at Bentley	Bentley has a rich history that includes many notable moments of inclusion that have worked to shape our values as an institution. For example, did you know that women graduated from Bentley in the 1920s? Or that we enrolled dozens of international students by the 1940s and 50s? Join university archivist Jaimie Fritz, and history professor Cliff Putney for a fascinating look at the moments that have shaped our commitment to diversity and inclusion.	3:00 - 3:45 p.m.	Jaimie Fritz Cliff Putney

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Critical Race Theory and Workplace Culture	A recent political flashpoint has been the discussion and teaching of Critical Race Theory (CRT) in academic institutions. Often in these debates, the actual meaning, theoretical underpinnings and its ramifications are left unsaid. This session will discuss the foundation of CRT and its real life effect. We will also examine a link between CRT and how it allows White Supremist Culture to exist in the workplace locking people of color out of opportunities within and institution.	9:00 - 10:00 a.m.	Michael McCorvey Nia DeYounge Otis Johnson Claudette Blot
Creating an Effective Student Team: Providing Students with Hands-On Learning Opportunities	The Office of Sustainability will share the model for their Student Sustainability Leadership program - a team of 6 paid, student leaders who help to execute campus-wide sustainability initiatives. The program is designed to cultivate students' professional skills and provide them with experiential learning opportunities critical for preparation to work in a world where organizations and businesses are focused on sustainability and climate change.	10:30 - 11:15am	Sophie Rodgers
Time Management	Time is limited and valuable. It may seem that there is never enough of it in the day, but good management can help you to accomplish more in a shorter period. The result is more career success, more free time for other priorities such as family, friends, and learning, etc. Every benefit of time management improves another aspect of your life. While there are many suggestions to manage time more effectively, this webinar will provide a few of them and get you thinking about how to refine your own practices and better manage your time.	10:30 - 11:30 a.m.	Harvard Pilgrim
Processing Losses & Celebrating Wins: Well-Being in a Post Pandemic Future	In an eagerness to return to campus in-person, we risk missing an opportunity to process what has happened during this pandemic year. During this interactive and structured session, you will have the chance to "unpack" with Bentley colleagues what you've experienced and talk with others about what has been learned. You will leave this session with a personal roadmap that you can use to guide you toward a new future.	12:00 - 1:00 p.m.	Trish Foster Suzanne Dove Clarissa Sawyer
Power of Positivity	What happens when you discover how to view your cup as half full? Join this program to learn about the research on positivity. Positivity impacts our health, our co-workers, and overall success. The webinar also provides participants with an interactive exercise on creating a positive mindset.	12:00 - 12:30 p.m.	Harvard Pilgrim
Trauma-Informed Approaches to Disclosures of Sexual Violence:	Research indicates that the greatest indicator of healing is when a survivor of interpersonal violence or other trauma has a trusted individual that offers a supportive and believing response. At any time, a student can choose you, their faculty member, advisor, or supervisor as someone they trust. After this workshop, participants will have a greater understanding of trauma, its impacts, and expressions and through presentation and discussion, an increased competence and confidence to respond with care.	1:30 - 3:00 p.m.	Jess Teperow REACH
Laugh, Smile, Feel Good	In these uncertain and unusual times, maybe you feel like you could use a dose of laughter. We've all heard that laughter is the best medicine so why not take a respite - a happiness break. In this interactive webinar, you will learn the science-based strategies to improve your health and wellbeing by making laughter a daily intention.	3:00 - 4:00 p.m.	Harvard Pilgrim
A.F.F.I.R.M Differences: Seven Conversations about Positive Organizing	In this session, Dr. Laura Morgan Roberts incorporates this research into Seven Conversations (we should be having) about Positive Organizing. These Seven Conversations are grounded in appreciative frameworks which can help us to Affirm Differences by investing in equity and inclusion.	4:00 - 5:15 p.m.	Dr. Laura Morgan Roberts

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Enacting Anti-Racism: Strategies to Dismantle Cultural Barriers at Bentley	In this interactive session, participants will have the opportunity to consider how these barriers manifest in their spheres of influence and explore strategies for impacting them. Participants will leave with strategies to take action towards replacing current cultural norms with ways of being that favor more equity-minded behavior and practice.	9:00 - 10:00 a.m.	Katie Lampley Matt Banks
Experiencing Cultural Otherness: A Virtual Cultural Simulation Experience	This virtual simulation offers participants an opportunity to experience working in and across cultural boundaries. With very brief introductions to their cultural identity, participants interact within their culture and then "travel" to a foreign culture. The simulation has been published by Iris Berdrow through the Case Center. Participants will be provided the files if they wish to run the simulation in their own classes or divisions.	10:30 - 11:15 a.m.	Iris Berdrow Natalie Schlegel Lauren Schuller Christine Lookner
Managing Stress and Stress Eating	During the pandemic it is natural to feel worried, anxious and stressed. One coping mechanism many of us turn to relieve our stress is food, especially high sugar, high fat processed food. While comforting in the short term, overall it's unhealthy in the long term. This webinar will teach participants how to distinguish eating for physical hunger versus eating to manage stress. We will also be reviewing techniques for stress management, recognizing stress eating triggers and tips for managing stress eating.	10:30 - 11:30 a.m.	Harvard Pilgrim
Relaxation Yoga for Wellness	Join Laura Aiken, Certified Yoga Instructor (and Director, Graduate Career Development, Pulsifer Career Center) for a 45-minute relaxation yoga practice. This session will help you calm the mind and body, to reset your rhythm to encourage your best self to shine through in your work and personal life. This is for all levels and comfortable clothes and towel/yoga mat are recommended.	12:00 - 12:45 p.m.	Laura Aiken
Centering the Student Voice	In this session, the SP&E team will share the importance of centering the student voice as agents of the university. Attendees will hear stories of successes and challenges in areas such as diversity, equity, and inclusion, financial decisions, and new department-wide initiatives and how students are involved in every step of the process. Presenters will share recommendations on how staff and faculty across the university can implement some of these ideas into their daily practices. Participants will engage with other attendees and share examples of centering student voice and create a plan to review practices on including student input.	12:00 - 12:45 p.m.	Riley Fickett Michelle Dabenigno
Exploring the Intersectionality of Racial Justice & Sustainability	Race is the strongest predictor of exposure to environmental pollution. Black and Latinx Americans are exposed to 63% and 56% more pollution than they produce (respectively), while white Americans are exposed to 17% less than they produce. Environmental pollution and the impacts of climate change are racially coded, as such our solutions must be grounded in racial justice. In this session we'll explore the intersectionality of racial justice and sustainability and discuss why a sustainable future is not possible without solutions that are inclusive of all in society.	1:30 - 2:15 p.m.	Amanda King
Stress Management: Transition, Change, and Uncertainty	We have learned in the last year that life can change in a moment and is filled with unexpected events and surprises, both positive and negative. Taking steps to reduce our stress and anxiety levels as we are coming out of the pandemic can help us interrupt negative thoughts and better cope with the uncertainties we face. This webinar will remind us that we always have a choice about how we will handle transition. It will focus on coping with change and uncertainty, taking action on those things we can control, and reducing the stress of transition.	1:30 - 2:30 p.m.	Harvard Pilgrim
Bentley's Racial Equity Toolkit: An Approach to Inclusive Excellence	In summer 2020, Bentley created a Racial Justice Taskforce to examine and make recommendations for how our community to could identify where inequalities exist and rooting them out. A Racial Equity Toolkit (RETK) was produced designed for students, faculty, and staff to utilize in within their units to begin addressing the inequities that exist. This session will introduce participants to the RETK, discuss the process for its creation, and provide direction on how to best utilize within individual units.	3:00 - 4:00 p.m.	Michael McCorvey Suzanne Dove

Thank You to All of Our Presenters!

Laura Aiken	<i>Director</i>	Graduate Career Development, Pulsifer Career Center
Matt Banks	<i>Assistant Director</i>	Office of Diversity and Inclusion
Iris Berdrow	<i>MBA Director, Professor</i>	Management Department
Claudette Blot	<i>Assistant Director</i>	Multicultural Center
Steph Bohler	<i>Associate Director of Disability Services</i>	Office of Academic Services
Michelle Dabenigno	<i>Associate Director</i>	Student Programs & Engagement
Nia DeYounge	<i>Director</i>	Center for International Students and Scholars
Suzanne Dove	<i>Executive Director</i>	Badavas Center for Innovation in Teaching and Learning
Riley Fickett	<i>Assistant Director</i>	Student Programs & Engagement
Trish Foster	<i>Executive Director</i>	Center for Women and Business
Jaimie Fritz	<i>University Archivist</i>	Bentley Library
Harvard Pilgrim		
Otis Johnson	<i>Assistant Director</i>	Residential Center
Amanda King	<i>Chief of Staff and Executive Director</i>	Office of Sustainability
Katie Lampley	<i>Chief Diversity and Inclusion Officer</i>	Office of the President
Christine Lookner	<i>Associate Dean, Director of Student Equity and Inclusion</i>	Center for International Students and Scholars
Eliane Markoff	<i>University Ombuds</i>	University Ombuds
Michael McCorvey	<i>Director</i>	Multicultural Center
Catalina Ocampo	<i>Undergraduate Academic Advisor</i>	Office of Academic Services
Cliff Putney	<i>Professor</i>	History Department
Dr. Laura Morgan Roberts	<i>Professor of Practice</i>	University of Virginia's Darden School of Business
Sophie Rodgers	<i>Manager of Sustainability</i>	Office of Sustainability
Clarissa Sawyer	<i>Lecturer, Psychology</i>	Department of Natural and Applied Science
Natalie Schlegel	<i>Director, International Education</i>	Cronin Office of International Education
Lauren Schuller	<i>Associate Director</i>	Cronin Office of International Education
Jess Teperow	<i>Director of Prevention Programs</i>	REACH Beyond Domestic Violence
Shawn Quinn		Lift Consulting

