

Themes

The themes that will guide the CASS Women in Leadership (WiL) committee:

- * Communication & Engagement
- * Professional Learning
- * Research & Education
- * Mentorship
- * Partnerships & External Connection
- * Wellness

Lean in Circle

International Women's Day: Inspire Inclusion

Join us virtually to celebrate International Women's Day on March 7th, 2024, from 3:00 - 4:00 pm. by using the following link: <https://forms.gle/i1v94TYV8WhBgjffH6> to register. This Lean in Circle event, facilitated by Katie Graham and Kim Frykas, offers participants a chance to network with colleagues through a series of engaging questions, promoting knowledge exchange, shared experiences, and mutual support.

Book Study 2023/24

How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job.

Leadership experts Sally Helgensen and Marshall Goldsmith identified 12 habits that may hinder women's progress. The first book study discussion was a success, with high attendance and active participation deepening understanding of the book's themes. Mark your calendars for our upcoming sessions on February 7th, 2024, and March 18th, 2024, both from 3:00 to 4:00 pm. Interested individuals can join in for session 2 and/or 3 without having attended the first session. Please consider signing up for the upcoming sessions using the book study link: <https://forms.gle/COqDpet1NPMsX4aJ8> Your continued participation in our enriching journey is eagerly anticipated.



Rethinking Imposter Syndrome (TM)

Heather Thomson, owner of Bold and Brave Coaching and the co-owner of Lumilead, conducted a one-hour virtual workshop for interested members of CASS on January 25th, 2024, from 3:00 to 4:00 p.m. This workshop focused on the topic of 'Rethinking Imposter Syndrome.' Imposter syndrome is a prevalent concern experienced by millions of capable individuals worldwide, both men and women alike, who secretly harbor doubts about their intellectual, creative, or professional qualifications, despite the perceptions of others.

The primary aim of the session was to provide a comprehensive understanding of imposter syndrome, clarifying its characteristics and distinguishing it from other phenomena. Participants in the session delved into the origins of imposter feelings and explored the emotional aspects associated with imposter syndrome. Furthermore, the session offered practical, immediately applicable tools designed to assist individuals in addressing and managing imposter syndrome effectively.

Featured Resources

International Women's Day marked annually on March 8th, is a global day of celebrating the social, economic, cultural and political achievements of women. Learn more about International Women's Day by visiting the following website: <https://www.internationalwomensday.com/About>

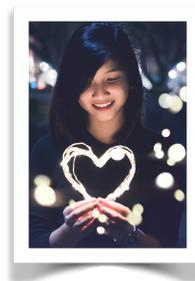
Help us celebrate the women in your professional and personal lives on March 8th, 2024 by using the hashtags [@CASSWiL](#) [#inspirationalwomen](#) [#InspireInclusion](#)

Zone Updates

WiL updates will be provided by Zone representatives at Zone CASS meetings.

WiL is on Twitter

Join our membership in celebrating and promoting Women in Leadership. The WiL committee can be found on Twitter [@CASSWiLalberta](#). Follow us as we continue to share stories of inspirational women. [#CASSWiLalberta](#)



Resources

The committee will share research, stories of practice, recommended articles, and resources. If you have any recommendations, please forward them to: lothianc@holyspirit.ab.ca

The outcomes of the committee will be to: mentor, inspire, celebrate, and increase representation of female leaders in education in Alberta school authorities by:

- Providing inspirational and mentorship-based initiatives;
- Creating a collegial professional learning network for female system leaders to meet, learn from and support one another;
- Learning together with Indigenous women in education leadership positions;
- Promoting awareness of gender equity research.

Upon approval from the Board, the committee shall include two representatives from each zone and representatives from First Nations school authorities. Representatives shall be appointed for a term of two years and may be reappointed.

Committee Members **2023-2024**

Chair: Katie Graham (Zone 6)
Past Chair: Laurie Kardynal
Zone Representatives:
 Kimberly Frykas (Zone 1)
 Catherine Coyne (Zone 2/3)
 Corrine Thorsteinson (Zone 4)
 Kathleen Kostiuk (Zone 5)
 Laurie Copeland (Zone 5)
 Crystal Lothian (Zone 6)

Indigenous Representative:

Board Representative:
 Krimsen Sumners

CASS Representative:
 David Keohane - CEO