



Monthly Women's Commission Meeting
October 12, 2022

Minutes

Attendees: Pauline, Barbara, Rhonda

Staff: Kimberly, Emily

Updates

Barbara Thomas and her partner Tim will be at MICE (the Massachusetts Independent Comics Expo) on October 22nd & 23rd. On October 23rd, 2:30 - 3:30pm, they will be on the *Collaboration and Scripting Panel* to discuss their book *Cambridge Schools Chronicled*.

Equity Wellness Workshops

The Women's Commission hosted three Radical Wellness sessions for Cambridge employees in September and October – nearly 60 employees signed up for the Zoom sessions. In these sessions, wellness as part of a systems context was explored. Wellness is an upstream challenge – struggling is not our fault as individuals; we are part of a system that does not prioritize wellbeing. Now the question is, how do we put what learned into practice for the City in general? How do we codify wellness into policy?

The sessions were facilitated by Adyna Wellness, a company co-founded by three Jamaican-born, Cambridge-raised sisters with a love for helping others and creating safe spaces, offering a spectrum of services designed to empower individuals to achieve balanced, harmonious, and healthier lives.

September 21, 12-1pm

Session 1: A Balanced & Healthy Life: Building Skills and Strategies

Learn about the Eight Dimensions of Wellness: Physical, Emotional, Intellectual, Environmental, Social, Occupational, Financial, and Spiritual. Build skills and strategies to promote a more balanced and healthier you.

September 28, 12-1pm

Session 2: Burnout, Stress, and Exhaustion

Come explore ways to reduce the factors that contribute to employee burnout, stress, and exhaustion. We'll focus on identifying peer supports and resources to help you thrive.

October 12, 12-1pm

Session 3: Imposter Phenomenon

What is imposter phenomenon? Come discuss how it applies to your life and its impact on quality of life.

New Commissioner Update

The Women's Commission drafted a FAQ document to be included when posting for new commissioners. The FAQ doc will be shared with current commissioners. This will help clarify what it means to be on the Commission and as well as set clear expectations. Posting is expected October 24.

Women in Cambridge

Barbara presented how the commission hosted 17 WiC events between 2017 and 2018 when she was involved. The MeetUp currently has 1200+ members, but we don't know who they are.

We will survey members to find out how they would like to meet, how often, and what topics they would like to see covered.

Barbara will reach out to Cambridge Local First to see what type of events they are currently offering for women. We will also reach out to CDD about their programming for women in business.