



## Monthly Women's Commission Meeting September 14, 2022

### Minutes

**Attendees: Pauline, Barbara, Rhonda**

**Staff: Kimberly, Emily**

#### New Commissioners

Kimberly met with City Manager Huang this week and was given the go-ahead to begin the recruitment process for new commissioners. Our aim is to have five new commissioners seated by early 2023.

Once the December date for application submission has closed, applicants will be interviewed in January. Barbara and Rhonda have volunteered to participate in the application review process. Barbara suggested that we have a form to fill out after every interview to ensure that our considerations of each application are consistent and uniform. We will work from a set of questions when reviewing applications and will develop interview questions that we will ask each applicant to further ensure an equitable process.

We reconfirmed that the commission is open to all interested parties who identify with womanhood.

#### Equity Wellness Workshops

The Women's Commission is hosting three "radical wellness workshops" for City of Cambridge employees in September and October. These conversations will focus on "self-care" from a systems change framework, acknowledging that it is often the systems we live within that harm us more than our inability to care for ourselves.

The session will be 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 Business**

With commissioner support, our goal for the next year will be to restart the Women in Cambridge group, a networking group for business owners, entrepreneurs, and others who live or work in Cambridge, aiming to bring women together to connect, share, and collaborate around work.

Commissioners who commit to supporting this effort will reach out to prior members about what these meet ups may look like – in person, virtual, outside, etc.