

Y-WE CAREER DAY

TELLING OUR STORIES,
CHANGING THE NARRATIVE

Saturday,
April 27, 2019
UW Bothell/
Cascadia College



Welcome!

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MISSION/VISION:

Y-WE cultivates the power of diverse young women* to be creative leaders and courageous changemakers through transformative programs within a collaborative community of belonging. We envision a society rooted in social justice, where all young women live their truth, achieve their dreams, and change our world.

**those who identify as women or girls or were assigned female at birth*

Program

10:00-11:00am - Arrival & Check in, Resource Fair
11:00-11:15am - Welcome/Invocation
11:15am-12:00pm - Keynote Panel
12:00-12:45pm - Lunch and Resource Fair
12:45-1:45pm - Career Workshop Session 1
1:45-2:00pm - Break
2:00-3:00pm - Career Workshop Session 2
3:00-3:15pm - Break
3:15-3:45pm - Closing Keynote
3:45-4:00pm - Closing/Farewell



GOING
GREEN!

SPEAKER BIOGRAPHIES:

To learn more about our inspiring speakers,
please visit www.y-we.org/careerday2019

If we inadvertently missed or misspelled your name, please accept our sincere apology and heartfelt thanks for your Career Day participation.

KEYNOTE PANEL

11:15 am - 12:00pm

Aramis Hamer Artist & Visionary

Aramis O. Hamer is a visual artist and muralist living in Seattle, WA. Her subject matter is inspired by the cosmos, music, nature, divine femininity, and the complexities throughout the Black culture. From a very young age she always loved to create, but at the age of fifteen she discovered her love for acrylic paints.

With the supportive art community in the Pacific Northwest, Aramis has been able to exhibit her colorful creations at many different exhibitions in the greater Seattle area- including the EMP Museum, Paramount Theater, Martyr Sauce Gallery, Columbia City Gallery, and more. Aramis created the iconic purple goddess in 2016 for KEXP radio station at Seattle Center which became a catalyst to her art career. You can find many of her designs all over the city including Jimi Hendrix Park. As a self-taught artist, Aramis lets the pull of her imagination be her guide. Her adventure is just beginning, and she invites others to join her on this journey.

Learn more about Aramis' work at www.aohamer.com



Esmay Jimenez Multimedia Journalist & Writer



Born in Mexico and raised in rural Washington, Esmay Jimenez is a multimedia journalist and writer. Her work has appeared in High Country News, the Washington Post's The Lily, National Native News, and NPR. She is additionally a Maynard Fellow and Next Gen Radio alum. In April, she joined KUOW covering immigration. A first generation high school and college grad, Esmay's goal is to rethink journalism and writing as a tool for community building.



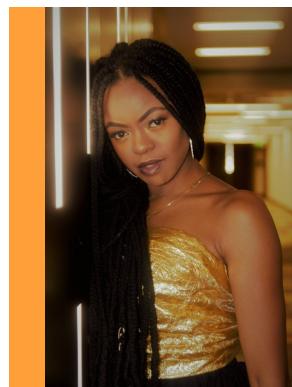
Dr. Anisa Ibrahim General Pediatrician at Harborview Medical Center

Dr. Anisa Ibrahim is a general pediatrician at Harborview Medical Center's Children and Teens clinic. Dr. Ibrahim has always had a passion for serving vulnerable refugee and immigrant populations through providing patient care and active engagement in the community both as a mentor and a community leader. Dr. Ibrahim's clinical and community-based practice is focused on refugee and immigrant health.

She provides care for newly arrived refugees and immigrants and children with social and medical complexity. Outside of her clinical work, Dr. Ibrahim is the president of the board of directors for the Somali Health Board. She is involved in projects that address barriers to accessing health care for vulnerable populations including culturally adapting educational and screening materials, facilitating focus groups in both English and Somali, and informing community-partnered research practices. Nationally, she has collaborated with experts at the North American Refugee Health Conference to foster advocacy through coalition building and incorporation of migration health into medical education. She also sits on the executive committee for the Council on Community Pediatrics, a council of the American Academy of Pediatrics.

Nyema Clark

Seattle native Nyema Clark is founder and Director of Nurturing Roots Farm located on Beacon Hill, a program committed to addressing food justice issues in the community. She is also an organizing keyholder of the Black Power Epicenter Collective. As a Black small business owner and founder of Avenue South, she produces handmade natural culinary and body products. Nyema is committed to enriching underserved communities. Her strength and overall goals are centered in youth empowerment and community economic sustainability.



Career Workshop

Session #1

12:45 - 1:45 pm

Not Your Typical Engineer

Tameka McNair

Come discover the Engineer within you. This session is intended to help demystify the stereotypes around what it means to be an Engineer. During this interactive session you'll have fun, feel inspired and walk away crowned a "Future Engineer".

CC3-123



Straying From the Path to Find Your Path

Dr. Joyce K Paul



In this talk, Dr. Joyce K Paul will share her experience about making career choices. How does one pick a career and what indeed is the right choice? Does one have to pick one over another? Can multiple people on this planet have the same "right" choice? She will briefly share her personal experiences on how she chose to stray from socially accepted career paths to find her passion and weave it into a successful "work" life. She will also share examples of how eclectic experiences can nourish rather than diminish a chosen career.

CC3-223

What Do Lawyers Do?

Natasha Hill

Knowing what lawyers actually do is essential to deciding if a legal career is right for you. As we explore the question "What do lawyers do?" you will learn about the many different types of jobs and roles lawyers play in our society.

CC3-221



Telling our Stories: The Importance of Representation in Media *Samantha Pak*



In this session, journalist Samantha Pak will share her journey in the field and how she got to where she is now. She will discuss why it is important to tell everyone's story in any given community and the power these stories can have. Participants will also have the opportunity to share their experiences with representation (or lack thereof) in media.

CC3-103

PANEL: Women of Color in the Environmental Movement



*Paulina Deschamps-
Ramirez*



Anastasia Greene



Denaya Shorter

In this panel we will hear from three women who have dedicated their careers to working for environmental justice in their communities and in the world. From advocating for land rights alongside indigenous communities in Mexico, to working with waste management and food justice in Seattle, to working on environmental communications at a national level, these three individuals have deep knowledge, wide-ranging experience, and incredible passion to share. The panel will be moderated by members of Y-WE's Environmental Leadership Council.

CC3-121

Career Workshop

Session #2

2:00 - 3:00pm

CC3-223 Embrace the Chase

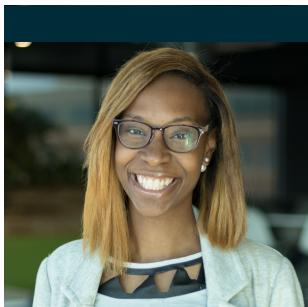
Amanda Lawrence

A journey from a shy, unconfident teenager with a passion for the environment to a published graduate student at the University of Maryland Center for Environmental Science. Amanda Lawrence will go over her struggles, how she overcame them and share the knowledge that she has gathered throughout this process with you to help you in your own journeys!



Financial Literacy

Jasmine Jones



In this session, participants will learn about Jasmine's personal career path and how she found herself in a role she never predicted, but has turned out to be one of the most fulfilling paths she ever imagined with immense potential. Plus, they'll learn about the importance of personal finance and how money management NOW can help them achieve and sustain financial freedom and empowerment later in life.

CC3-135

The World Needs to Hear Your Story

Christy Abram

The focus of this session is to inspire participants to push through adversities, fear and self-doubt to master themselves and accomplish their dreams. Too often, we allow self-limiting thoughts, tough times, and the expectations of others to dictate our success. In this session, you will learn the power of speaking your truth and claiming the life you desire.

CC3-121



The Power of Storytelling

Gerry Ebalaroza-Tunnell

"The stories that make sense of the world are part of our world. It is not by transcending this world that we are transformed but by storying it in a new way." -David R. Loy

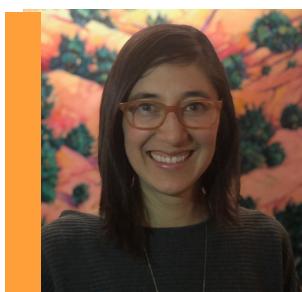


Whether in caves or cities, the stories we tell remain the most typical and essential form of communication. All of us tell stories. The story of our day, the story of our life, workplace gossip, the horrors on the news. Our brains are hard-wired to think and express regarding beginning, middle and end. It's how we understand the world. When some of our own stories are stretched and pulled by the grueling concepts of what makes us and our surroundings successful, we can find ourselves conflicted. When we find ourselves entangled in the societal concept of success, we begin to write our stories starting with the voices of another.

CC3-221

Healing Touch: Wellness and Vitality through Soma Structural Integration

Kelsi Giswold



Soma Structural Integration is a rewarding healthcare profession that uses specific methods to release and balance the fascia and muscles of the whole body. With knowledge of anatomy, therapeutic touch, and movement education, practitioners are given the honor of supporting clients on their healing paths. In this workshop you will explore your sense of touch, learn a bit about fascia and some basic Soma Structural Integration massage techniques. Kelsi will also share her thoughts on the joys and advantages of working in this natural healthcare field.

CC3-103

Career Workshop

Session #2

2:00 - 3:00pm

PANEL: Women and Gender Non-binary Farmers

All of our incredible panelists - Ashley, Deepa, Nyema, Shanelle, and Vero - steward and cultivate a relationship with the Earth through growing food in community. Their work is an act of resistance to the oppressive systems of racism and injustice that seek to break this connection for communities of color. They represent a small group of food producers in the US - less than 2% of farmland is black-owned today vs. 14% in 1910. These farmers of color are reclaiming their connection to the Earth as creative leaders in the healthy food movement, and they are making fresh food accessible to marginalized communities. Join us to learn more about their passion and experience! **CC3-123**



Ashley Alvarez

Vero Vergara

Shanelle Donaldson



Nyema Clark

Deepa Lyer

Closing Keynote
3:15 - 3:45 pm

Nikkita Oliver Lawyer & Activist

Nikkita Oliver is a Seattle-based writer, teaching artist, attorney, and organizer. Her writing has been published in the South Seattle Emerald, Crosscut, the Establishment, Last Real Indians, The Seattle Weekly, and the Stranger. Oliver holds a J.D. and Masters of Education from the University of Washington. She is also the case manager for Creative Justice, an arts-based alternative to incarceration, and has worked for arts organizations such as Writers in the Schools and Arts Corps.



Nikkita is one of the Seattle Met's 2018 50 Most Influential Women in Seattle, and the recipient of the 2018 UW Women's Center Woman of Courage Award, 2018 UW Evans School of Public Policy NOW (Network of Womxn) Award, 2017 City Arts Artists of the Year, Gender Justice Power Award (2017), Seattle King County NAACP President's Leadership Award (2017), Columbia Legal Services Imagine Justice Visionary of the Year (2017), the University of Washington Women's Law Caucus Outstanding Achievement as a Young Lawyer Award (2017), the Seattle Office of Civil Rights Artist Human Rights Leader Award (2015), and the 2014 Seattle Poetry Slam Grand Champion. She has opened for Cornel West and Chuck D of Public Enemy and performed on The Late Night Show with Stephen Colbert. She is also the first political candidate of the Seattle Peoples Party; running for Mayor of Seattle in 2017 where she finished 3rd (of 21 candidates).

Special Thanks to our
Career Day 2019 Moderators

Neli Jasuja
Jyoti Jani Patel

Kathleen Julca
Lucia Santos

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Y-WE Create

visual arts + fashion design + performance+ more!

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www.y-we.org



Y-WE Write

creative writing + storytelling

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A voice and a hub for the Latino community
as we advocate on behalf of our people
and work to achieve social justice.

DÉJELO-YA

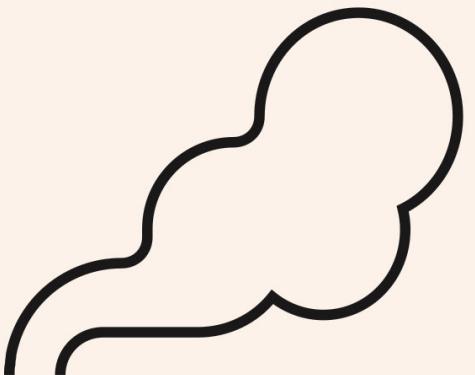
1-855-335-3569

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"If God Was a Her" by Aramis Hamer
Artist, Visionary, Y-WE Career Day Presenter

