Shame is a powerful emotion. It's that voice in our head that tells us we're not good enough, that we're not deserving of the good things that happen to us. While it can drive achievement, it can also hold us back. It can keep us from saying 'yes' to new opportunities, lock us to past experiences (whether we are aware of it or not), and can compel us to carry burdens that should not be ours to carry.

But, as strong as shame may be, it doesn't have to anchor or define us. During this interactive presentation, we'll talk about how shame shows up in our lives (particularly in relationship to gender), how to disarm it, and how to communicate without shaming others.

**About the presenter:** Rachelle Strawther is a speaker, teacher, storyteller, and life-long student of leadership. At Gonzaga, she designs and leads executive leadership programs on topics such as emotional intelligence, interpersonal communication, women in leadership, and more. Rachelle has presented interactive presentations for Boeing, Starbucks, the International Leadership Association, TEDx Kisumu, and many other organizations. Despite frequent failures, her goal is to be 'the best version of herself' - as a leader, follower, mother, daughter and more - and she is passionate about accompanying others on this journey as well.