

# The Wellness of Women

Celebrating the 50th Anniversary of the UCSF Committee on the Status of Women (CSW)

Fall 2024

## Overview

*Our year-long celebration of CSW began with International Women's Day in March 2024. We hosted a variety of activities for women to build skills for advancement and empowerment, to promote wellness and resilience, and to provide social support and community building.*

*With support from the Wellness grant, our Keynote speaker on 'Projecting credibility and confidence' had excellent feedback. We were also able to provide professional profile pictures for faculty and staff at ZSFG.*

## Data Snapshot

Cara Alter Workshop: Projecting Credibility and confidence  
Taming adrenaline for women

Attendees: 36

Professional profile pictures for staff and faculty

Attendees: 44

## Resources

<https://statusofwomen.ucsf.edu/>

<https://diversity.ucsf.edu/about/committees/status-of-women>



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## Project Details

The UCSF Committee on the Status of Women (CSW) represents a diverse group of women including faculty, staff, and learners across the entire campus. We are a dedicated group of volunteers who are interested in advocating for, building awareness of and advising on women's issues at UCSF. We also focus on events like the Annual International Women's Day (IWD) in March to amplify and celebrate women as well as provide resources and content to support the overall wellbeing of women. This year we incorporated celebrating the 50+ year anniversary of the committee. The Wellness grant supported 2 events: Communication seminar (see details below) and Professional Profile photos at ZSFG.

*Seminar: Projecting Credibility & Confidence + Taming Adrenaline for Women*  
*Whether you are meeting one-on-one or presenting to a large group, appearing credible and confident will significantly raise your effectiveness. This seminar examines the power of the "subtextual" conversation—body language, vocal patterns, and mannerisms that can raise or lower one's status in the workplace. Based on 20 years of research, nonverbal communication expert Cara Hale Alter outlines explicit "codes of conduct" for projecting credibility, especially when the stakes are high. Additionally, Cara will provide practical strategies for Taming Adrenaline. She'll address the topic with warmth and humor, and along the way, offer tangible, real-world solutions for bringing nervous energy under control.*

## Project Challenges

This was our first in-person event for IWD since the pandemic. Many at UCSF still work remotely and need more notification to attend events on campus. We had less in-person attendance than expected by RSVPs. We had last-minute cancellations as well as walk-in attendees.

For professional photos, we were not able to add the VAMC site during the IWD week due to logistics, but will host a separate photo day later this summer utilizing a different source of funding. The sign-ups for photos sold out almost immediately, but we were able to accommodate walk-in appointments for many.

## Lessons Learned

We learned that calendar holds for events and more outreach and reminders leading up the event will help attendees in planning. We will also promote walk-ins and last-minute registration. In the future, we will continue to prioritize hybrid events for broader attendance.