Presents:
Preparing for Fall and Winter
Leveraging Wisdom and Awareness

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Associate Dean for Academic and Professional Affairs

Everyone has a story and no two are alike! As life progresses, individuals are uniquely positioned to consider who they are being and who they wish to become. The ability to be who we are being is impacted by early life, cultural and social norms and gender. These experiences can be limiting, and promote inertia or fuel curiosity, discovery and produce action.

Dr. Alvarez narrates the tale of subtle and seismic shifts in perspective based upon increasing awareness, especially in the area of gender and other diversity and inclusiveness concepts, to influence who she is being and who she wishes to become. She shares past and current circumstances as a function of the choices she made, and how she generates new experiences through the conscious selection of alternative choices. Peek through the viewfinder to see what crucible moments have allowed her to view personal limitations and setbacks with self-compassion instead of self-judgement and shame for not being “perfect”. She will offer attendees ideas for their self-discovery, deepened learning and potential for forward action.

Wednesday, March 10, 2021
2:00 - 3:00 PM
ZOOM

RSVP: https://bit.ly/3tk29t8

Questions? Contact us!
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