

## Transforming Microaggressions Positively, Strategically & Assertively: A Workshop for Women in Leadership Positions in Academia



- Have you ever been put down?
- Do you know what a microaggression is?
- Have you ever been confronted with a microaggression?
- Did you know that microaggressions can damage or even wreck your career?
- That microaggressions can negatively affect your self-esteem, self-confidence and physical and mental well-being?
- Do you feel blocked when you encounter a microaggression or are simply unable to react?
- Do you feel disempowered afterwards?
- Does your self-esteem and/or self-confidence suffer as a result?

When: Friday May 31, 2024 from 9:30 to 16:00.

Where: LifeQuest Office: Säntisstrasse 12, 8008 Zürich.

Spaces are limited to 10 participants.

Investment: 270.00 CHF plus VAT

If you would like to learn how to transform microaggressions positively, strategically and assertively, join us.

### Co-Facilitators:

To register please use the link below:

### Questions?

Please contact either Beatrice Sigrist or Lille Springall at:

Beatrice Sigrist: [beatrice@sigristcoaching.ch](mailto:beatrice@sigristcoaching.ch), 0795077435.

Lille Springall: [lille@lifequest.ch](mailto:lille@lifequest.ch), 076 319 1470.

**Beatrice Sigrist**, Ph.D., PCC is a coach and somatic experience practitioner.  
[www.sigristcoaching.ch](http://www.sigristcoaching.ch)

**Lille Springall**, Ph.D. CPC, is an American & Swiss-Trained Work & Organizational Psychologist, ICF Certified Coach, Certified Naturopath (TEN), Ayurvedic Therapist & Board Certified Hypnotherapist.  
[www.lifequest.ch](http://www.lifequest.ch)