



Contribution ID: 40

Type: **not specified**

Stories of Allyship and Critical Friendship: Nurturing Mental Health, Belonging, & Career Growth (Workshop in plenary) (E)

Sunday 1 October 2023 16:15 (45 minutes)

This workshop will explore the compelling impact of allyship and critical friendships on mental health, belonging, and career development. It will showcase personal narratives of various teachers illustrating how these connections empower individuals as they experience catalyze growth and transformation with authenticity and solidarity. Virginia Woolf once famously wrote: “A woman must have money and a room of her own if she is to write fiction.” I’d like to highlight and argue that for academics in Japan and beyond, especially for women and women of color, professional and personal friendships, a safe space, and meaningful allyship is necessary to continue working and thriving in the academy.

At the beginning of this workshop, I will share my narrative, and this will be followed by introspective reflection questions designed to encourage participants to share their own experiences. This interactive dialogue will facilitate a rich exchange of perspectives, fostering a collective understanding the connection between allyship and critical friendships. Your participation in this workshop will not only be an opportunity to commemorate our shared stories, but also to craft pragmatic strategies and access valuable resources, enabling you to construct your own safe space, amplify your role as an ally, and effectively guide others as a mentor.

Speaker 1 Bio

Speaker 2 Bio

Panelist 1 Bio

Panelist 2 Bio

Panelist 3 Bio

Panelist 4 Bio

Presenter: OO, May Kyaw (Nagasaki University)