

California Section
American Chemical Society



All are welcome
Saturday, May 21, 2022

Title
How to Thrive (Not Just Survive) as a Woman in Today's World

Time
10:30 – 11:00 am
Chatting
11:00 am
Talk and Discussion

Reservation
Please visit the CalACS website www.calacs.org to register for this meeting or use Brown Paper Tickets. Link for registration:

<https://www.brownpapertickets.com/event/5395083>

Please register before Thursday, May 19, 2022, 12 noon. Your email address is needed to send the ZOOM link, which will be shared with attendees on or before the day of the event via Brown Paper Tickets.

Cost
Free

About the Speaker



Keda Edwards Pierre

around trauma recovery, resiliency development and diversity & inclusion.

A **27-year police veteran**, Keda walks the talk of powerful healing and living the life we desire – personally and professionally. Her healing journey, coupled with her diverse training and professional history, is the driving force behind her two-fold mission: to **revolutionise how we deal with trauma** and **create safe and inclusive spaces** for this healing work to be done.

Abstract

So, you're surviving in this dog-eat-dog world - now what? How do we kick it up a notch? I know, firsthand, what this takes - as a **Black female police veteran** and an **adult survivor of physical, sexual and racial trauma**. A life full of challenges taught me a few important lessons - including that **trust, adaptability, and authenticity are essential for success**. Our achievements correlate with our willingness to be true to who we are, our capacity to trust ourselves and our readiness to release old versions of ourselves to transform our lives.

As women, how do we lead in today's world? A better question is: How well do you trust your capacity to lead? Success is built on trust, and trust is built on honesty - with yourself and with others. Combine these with authenticity and adaptability for true empowerment - from home to boardroom. I don't have a magic pill or formula for you. What I offer are unique perspectives, life experiences, hard-won lessons and effective methods. My methods are how I was able to build a **successful 27-year policing career** - and this is how I was able to leave it (despite many clucking tongues and well-intentioned warnings). I'm now the renaissance woman I always envisioned - as **an actor, coach and inspirational speaker**. I'm living a life that I should not have by all accounts and most societal rules. What life do you envision for yourself?

I'll share a **5-Point Self-Check List, also known as my True II Soul ABCs: Alignment, Boots on the Ground, Communication, Care and Creativity**. My "tried, tested and true" checklist brings clarity and guidance in pursuit of excellence. Want to kick it up a notch? This is what I live and breathe. Come learn how!

Questions?

Please contact Elaine Yamaguchi at eyamaguchi08@gmail.com