



Schedule-At-A Glance

Building Better Together:

Strategies for a Healthy and Inclusive Research Community

Date/Time: Virtually on January 20 and 21, 2022 from 12:00 p.m. - 4:00 p.m. EST

<https://www.maizegdb.org/mgc/advocacy/2021/rcn.php>

January 20, 2022 WORKSHOP

Day 1: Saying I'm Not Ok: Wellness and Wellbeing in the Academic/Research Workplace

Duration (Time)	Type	Topic
10 min		Welcome, Introductions, Dialogue Guidelines
1.5 hour Panel + live questions/chat	Panel Discussion Mariama Boney, Facilitator Confirmed Panelists: Siobhan Braybrook Leila Durr Nichole Guillory Jennifer Nemhauser	Navigating issues of mental and physical health and wellness in the academic/research workplace How to ask for help Impacts of the pandemic on mental and physical health Strategies to promote wellness
25 minutes	Discussion via Breakout Groups	Scenarios in Breakout Groups. Generate insights and action items

15 minutes	Report out to the Larger Group	
10 mins	Break	Takeaways, Reminders, Raffles
1.5 hours Facilitator Presentation with Scenarios + live questions/chat	Workshop Mariama Boney, presenter	Facilitating positive partnerships Dialogue strategies for resolving conflict
20 minutes	Discussion via Breakout Groups	Scenarios in Breakout Groups. Generate insights and action items
15 minutes	Report out to the Larger Group	
10 mins	Day 1 Closing	Takeaways, Reminders, Raffles

January 21, 2022 WORKSHOP

Day 2: Equity and Inclusion in the Scientific Community

Duration (Time)	Type	Topic
10 min		Welcome & Introductions
1.5 hour Panel + live questions/chat	Mariama Boney, Facilitator Confirmed Panelists: Sterling Field Gustavo MacIntosh Ruxandra Marcu Chelsea Specht	Best practices for creating an inclusive workplace Examples and sharing of programs or initiatives that foster inclusion Addressing Acts of Exclusion (bias, “isms”, power, privilege, discrimination, stereotypes, prejudice, etc.) How to recruit and retain diverse faculty/employees How to effect change in institutions and systems
25 minutes	Discussion via Breakout Groups	Scenarios in Breakout Groups. Generate insights and action items
15 minutes	Report out to the Larger Group	
10 mins	Break	Takeaways, Reminders, Raffles
Facilitator Presentation with Scenarios + live questions/chat	Workshop Mariama Boney, presenter	Allyship; Do’s; Don’t’s Bystander effect: how to intervene when we observe discrimination/racism; Understanding the needs of diverse peers

		Psychological safety and positive team/group dynamics
20 minutes	Discussion via Breakout Groups	Scenarios in Breakout Groups. Generate insights and action items
15 minutes	Report out to the Larger Group	
10 mins	Day 2 Closing	Takeaways, Reminders, What Ahead for MGC CODIE, Raffles