

10 - 11:10P.M. • JUNE 15

A different type of diet: How “cleansing” what we listen to can help us through our valleys and sustain our triumphs

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PRESENTER

**Dr. Aura J.
Cazares**



ElevatED:
Ascend and Transform Your World

ACE American
Council on
Education®
WOMEN'S NETWORK MICHIGAN

Books, Podcasts, & Community



TODAY:

Reflect on the skills that are necessary and cannot be supplanted by AI such as perseverance and emotional intelligence and how does one gain such skills while undergoing challenges and experiencing life as a first-generation woman in higher education?

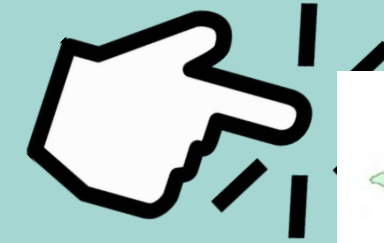
We will engage in reflecting and identify what we allow in our minds and the impact on the stages of our journeys (to sustain our triumphs and overcome tribulations).



First, How are YOU?



<https://mical.michigan.gov/s>



Do you need someone to talk to?
Are you experiencing feelings of depression or anxiety?
Are you worried about a loved one's mental health?
Are you or someone you know struggling with an addiction or substance use disorder?

No matter what you're dealing with, there is no wrong reason to call.

CALL OR TEXT 988

Our crisis counselors are prepared to help you get the support you need.

Free, confidential, and available 24/7.
Currently serving all Michiganders.



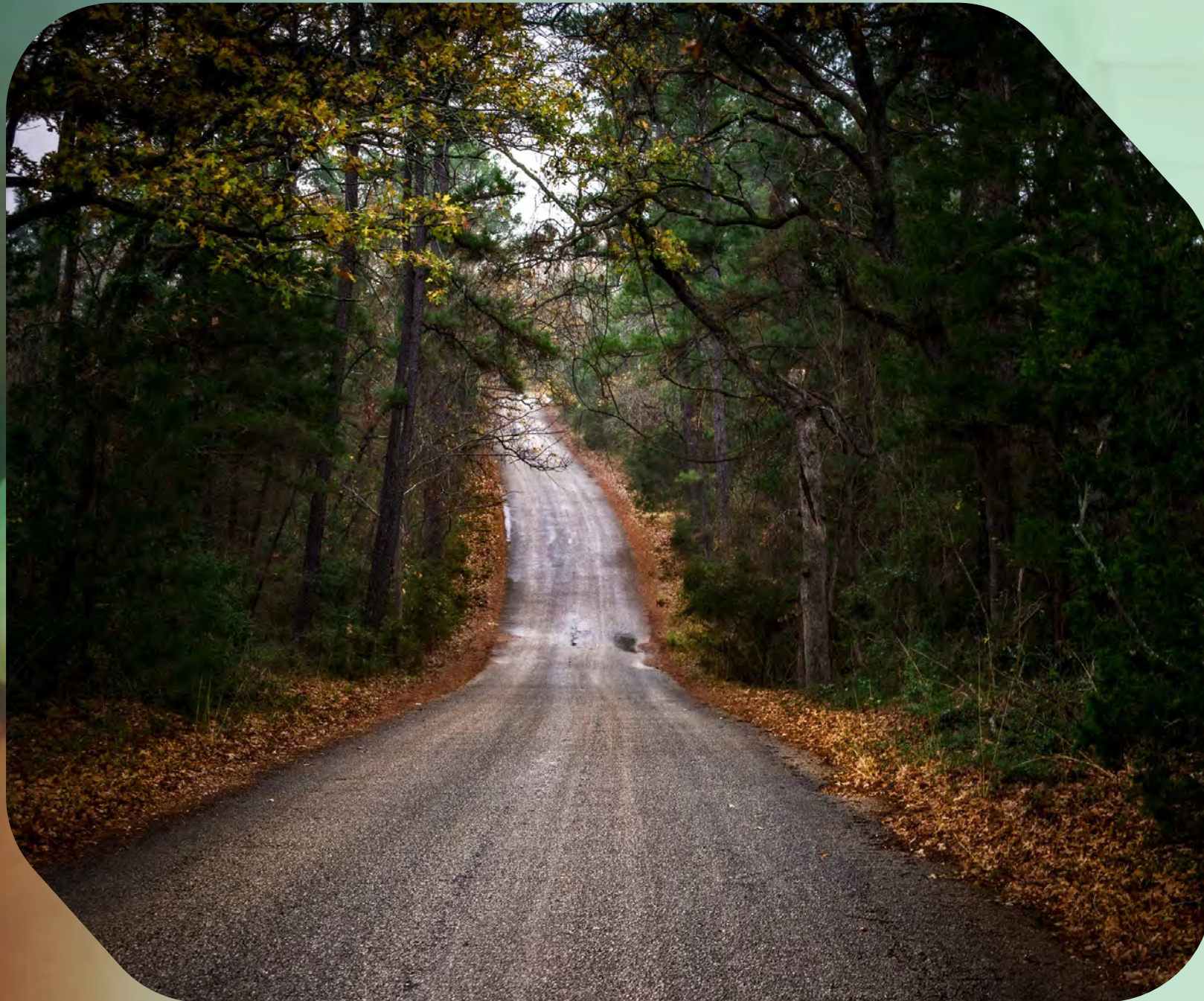
Road Less Traveled

Our Journey

Where do We Turn to When
There Are Changes (Cliff)?

How do We Persevere
(Fog)?

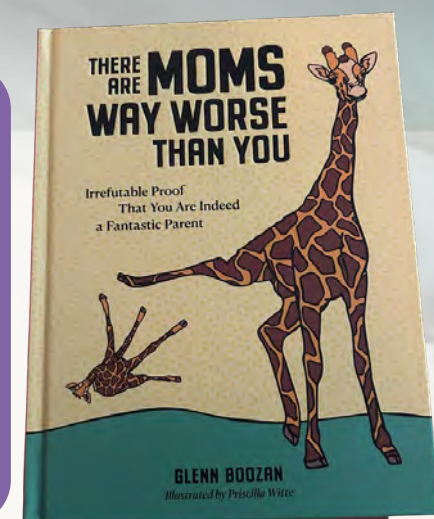
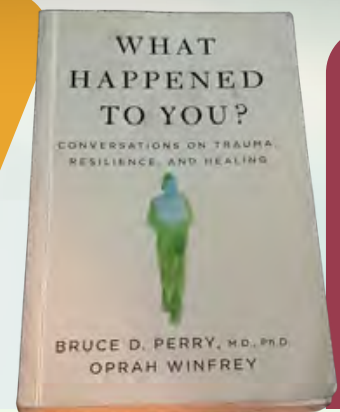
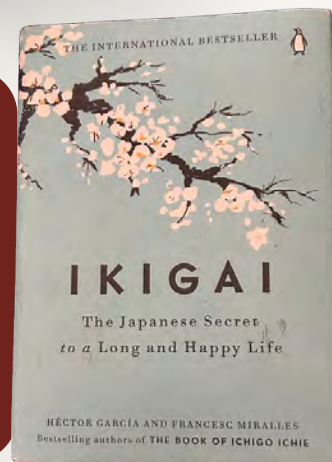
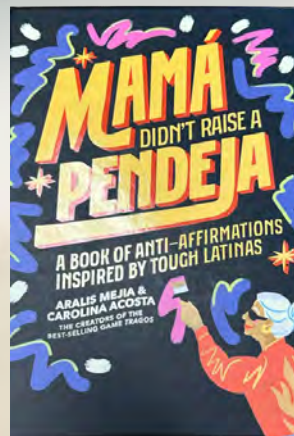
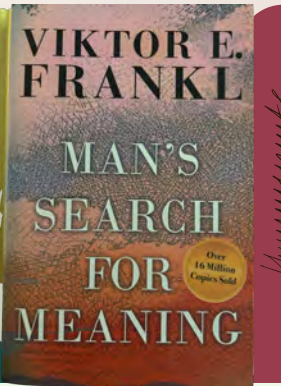
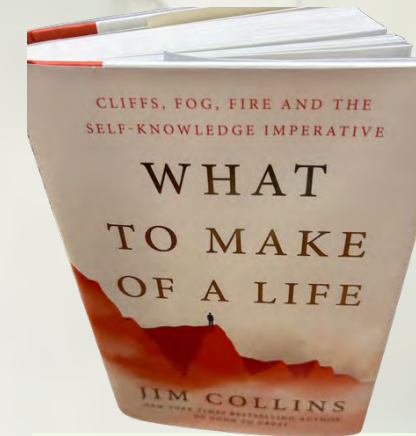
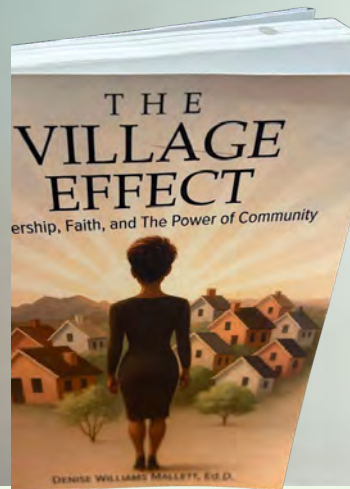
How do we Apply our Abilities
(Instrument)?



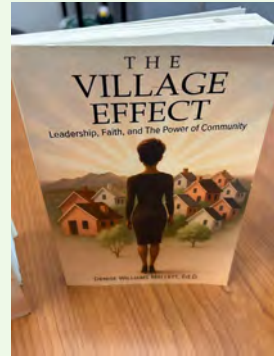
Are we what we read?

Audible List

- The Village Effect by Dr. Denise Williams Mallett
- What to Make of a Life Cliffs, Fog, Fire and the Self-Knowledge Imperative by Jim Collins
- Ikigai: The Japanese Secret to a Long and Happy Life by Francesc Miralles and Hector Garcia
- What Happened to You? Conversations on Trauma, Resilience, and Healing by Bruce D. Perry and Oprah Winfrey
- Man's Search for Meaning by Viktor E. Frankl
- There Are Moms Way Worse Than You: Irrefutable Proof That You Are Indeed a Fantastic Parent by Glenn Boozan
- Mamá Didn't Raise a Pendeja: A Book of Anti-Affirmations I
- by Carolina Acosta , Aralis Mejia

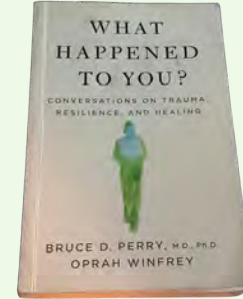


Perennial...



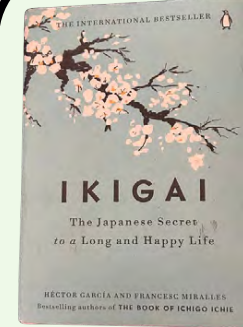
The Village Effect by Dr. Denise Williams Mallett

The Village Effect by Dr. Denise Williams Mallett provides a blue print of connecting leadership, faith, and highlights the experience of women of color in higher education.



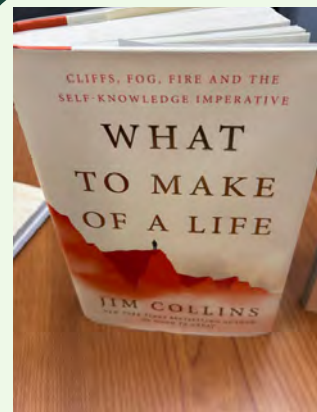
What Happened to You?
Conversations on Trauma,
Resilience, and Healing by
Bruce D. Perry and Oprah
Winfrey

Study of the way trauma shapes people and their behavior and presents the framework of supporting people through the lens of acceptance and curiosity rather than judgment.



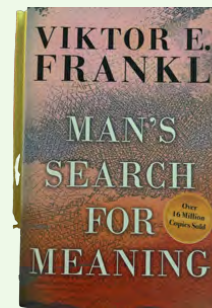
Ikigai: The Japanese Secret to a
Long and Happy Life by
Francesc Miralles and Hector
Garcia

Framework based on Japanese concept of logivity and purpose by reflecting on the intersection of what you love, what yoare good at, what the world needs, and what you can be paid for, leading to a sense of purpose.



What to Make of a Life
Cliffs, Fog, Fire and the Self
Knowledge Imperative by
Jim Collins

Longitudinal research of how people move trough life -changing events (cliffs), the uncertainty associated with overcoming challenges (fog), finding alignment between skills and purpose(fire within and self awareness of end coding).

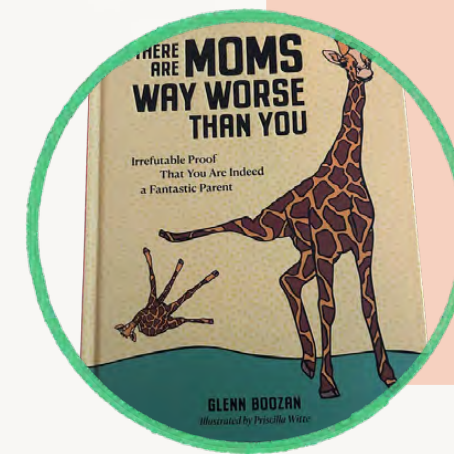


Man's Search for Meaning by Viktor E. Frankl

Frankl developed logotherapy after surviving the Holocaust with the importance of making meaning of experiences that impact our lives.

Mom Guilt...

Mamá Didn't Raise a Pendeja: A Book of Anti-Affirmations I
by Carolina Acosta , Aralis Mejia



There Are Moms Way Worse Than You: Irrefutable Proof
That You Are Indeed a Fantastic Parent by Glenn Boozan



My Playlist

Additional Books:

- [The Anthropocene Reviewed: Essays on a Human-Centered Planet](#) by [John Green](#)
- [The Subtle Art of Not Giving a F*ck: A](#) by [Mark Manson](#)
- The Let Them Theory: A Life-Changing Tool That Millions of People Can't Stop Talking About by [Mel Robbin](#)
- [LatinoLand: A Portrait of America's Largest and Least Understood Minority](#) by [Marie Arana](#)
- [A Different Kind of Power: A Memoir](#) by [Jacinda Ardern](#)
- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) by [Bessel van der Kolk M.D.](#)
- [The Untethered Soul: The Journey Beyond Yourself](#) by [Michael A. Singer](#)
- The How of Happiness: A New Approach to Getting the Life You Want by [Sonja Lyubomirsky](#)

Let's Practice

CLIFFS

The Village Effect by
Dr. Denise Williams Mallett

There Are Moms Way Worse Than You:
Irrefutable Proof That You Are Indeed a
Fantastic Parent by Glenn Boozan

Mamá Didn't Raise a Pendeja: A Book
of Anti-Affirmations I
by Carolina Acosta , Aralis Mejia

FOG

Man's Search for Meaning by Viktor E. Frankl

Ikigai: The Japanese Secret to a Long and
Happy Life by Francesc Miralles and Hector
Garcia

ALIGNMENT

What to Make of a Life Cliffs, Fog, Fire and the
Self-Knowledge Imperative by Jim Collins

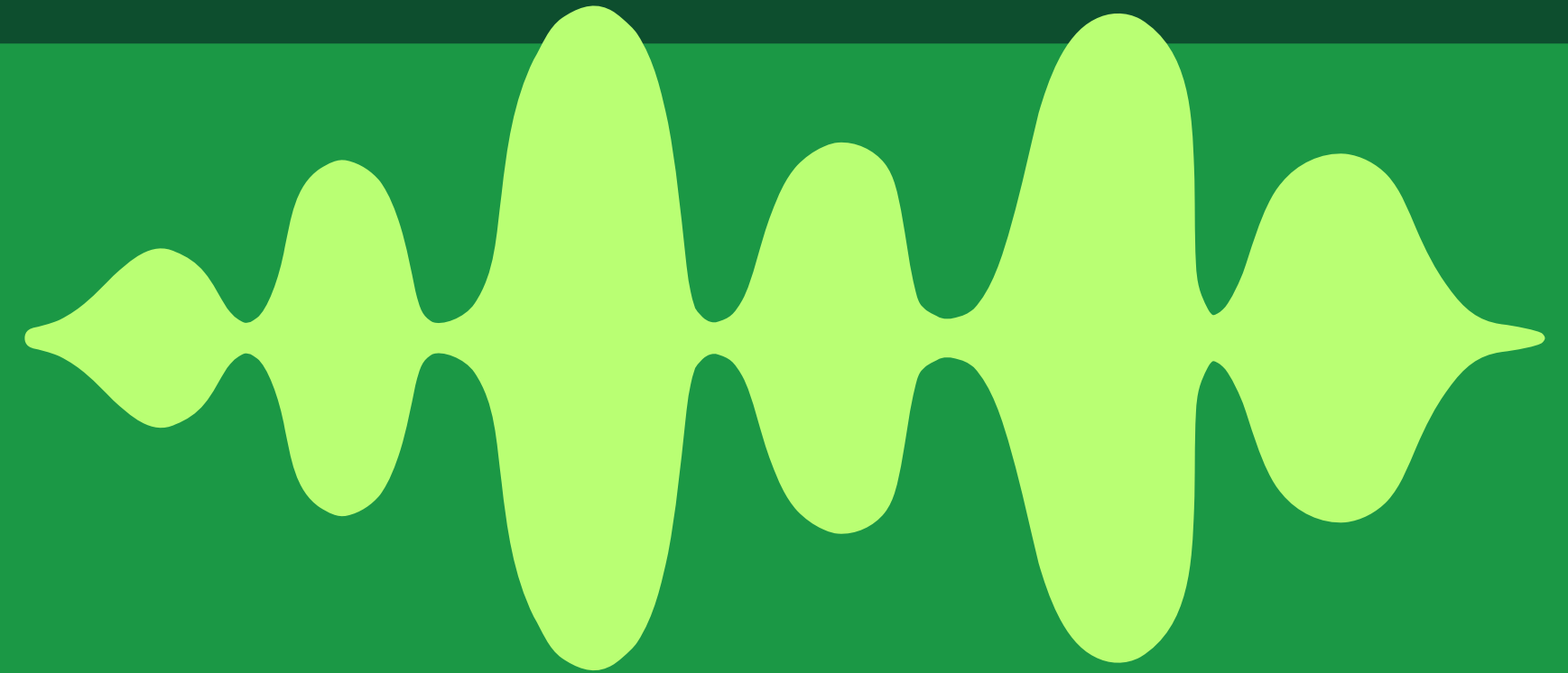
What Happened to You? Conversations on
Trauma, Resilience, and Healing by Bruce D.
Perry and Oprah Winfrey

Podcasts

Professional
Selfawareness
Cultural
Fun



Listening to Understand



Cliffs, Fog, and Healing



Alignment and Affirmations



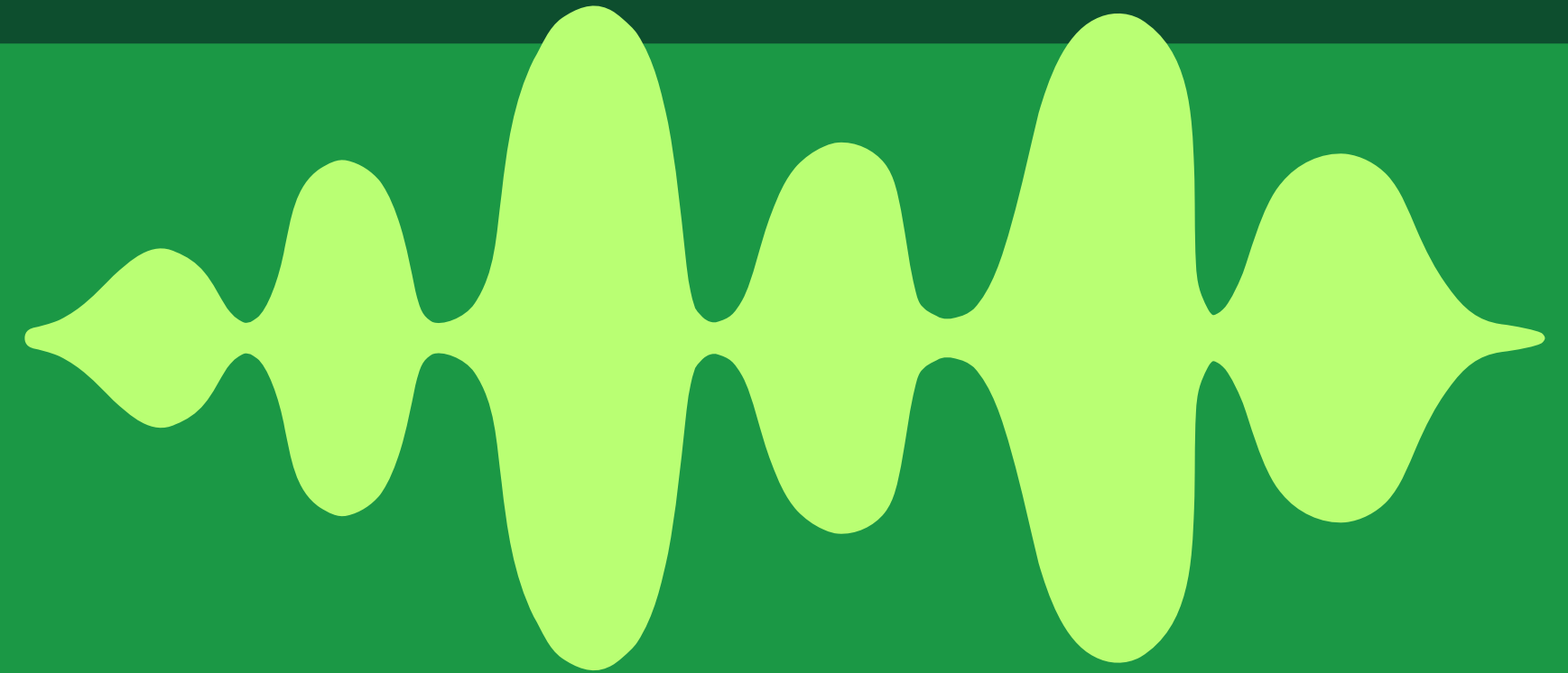
Cliffs, Fog, Healing



Community



Sharing is
Caring



Cliffs

Fog

Alignment

Culture



Community

Think Fast!

If you could celebrate with anyone in the world a triumph, who would it be?



Community & Giving Back



Community Engagement - Professional Organizations

Passion and purpose align with supporting college access for first - generation students.

Volunteering - Passion and Purpose

Volunteer in boards that support college access and women's rights.

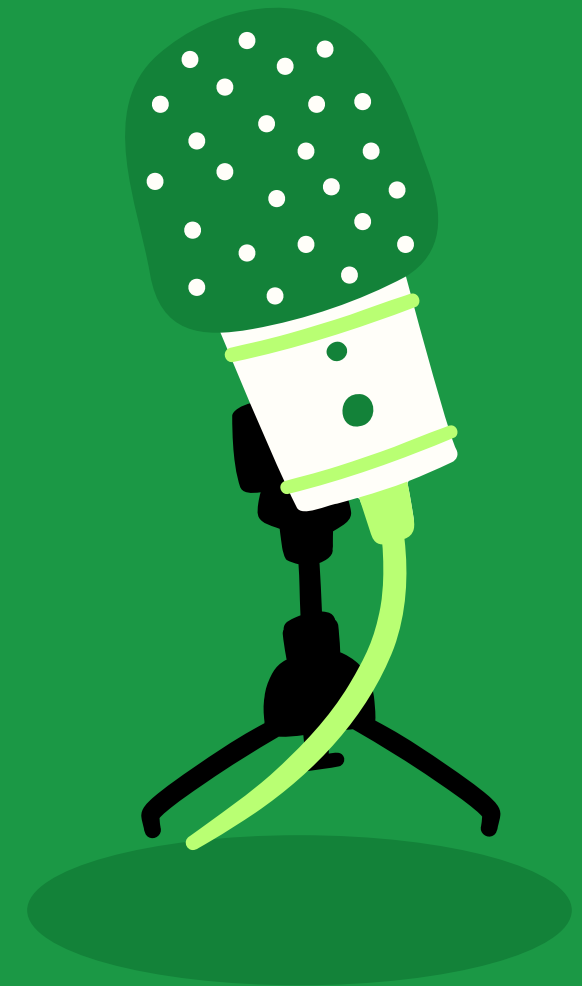
Support Others - Family and Friends

Spend time with mentors, family, friends, and NEW Friends!

Let's DO IT Together...



Tuning out the Noise





Stay in Touch!



[linkedin.com/in/itsdrajc](https://www.linkedin.com/in/itsdrajc)



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