

# Celebrate Asian American & Pacific Islander Heritage Month



## EVENT:

## Jane Channell's Self-Care Strategies: A Workshop on Coping with Stress and Avoiding Burnout

### About this Workshop:

To kick off Asian American and Pacific Islanders Heritage Month, Virtual Patent Gateway (VPG) invited Jane Channell, 2X Olympic Skeleton athlete to facilitate a workshop on "Self-Care Strategies: A workshop on Coping with Stress and Avoiding Burnout". I know several amazing Canadian women so I thought VPG would host our workshop to also celebrate Asian Canadians. Jane is Canadian Japanese and we first connected via an Online Airbnb

#### DATE

Wednesday, May 3, 2023

#### TIME

7:00 – 8:15 P.M. EDT

#### REGISTRATION LINK:

<https://bit.ly/40Aa2Lc>

#### Cost:

\$25 per person

experience where Jane hosted an experience discussing how she slides down the giant cookie sheet at 88 M.P.H. We later formed an online friendship.

During this interactive workshop, we'll be creating a safe space to talk and openly discuss what stress and burnout are, what indicators can look like, how to identify what our stressors are, and how to best look after and prioritize "me" with self-care tools to recover from stress and to avoid burnout.

- Definition of burnout
- Identify stressors
- Indicators of stress and burnout
- How to recover from stress or burnout?



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*Celebrate*  
**Asian American  
& Pacific Islander**  
*Heritage Month*

## Virtual Water Cooler Chat (VWCC) Podcasts

6 episodes releases LINK: [vwcc.podbean.com](http://vwcc.podbean.com)

May 1, 2023

**Micah Chi,**  
Director of International Marketing, Charles Schwab

May 8, 2023

**Xiaowen (Nancy) Song**  
Partner, Linda Liu & Partners (Beijing, China)

May 15, 2023

**Ivy Clarice Estoesta**  
Director, Sterne Kessler Goldstein & Fox, PLLC

May 22, 2023

**Kakoli Caprihan**  
Associate Solicitor, United States Patent & Trademark Office

May 29, 2023

**Lisa Nguyen**  
Partner, Allen & Overy LLP

May 31, 2023

**Jennifer H. Wu**  
Founding Partner, Groombridge, Wu, Baughman & Stone, LLP



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## EVENT:

## Virtual Author Talk: The Tao of Self Confidence with Sheena Yap Chan (LIVE LinkedIn and Facebook)

### DATE

Wednesday, May 17, 2023

### TIME

1:00 – 2:00 P.M. EDT

### REGISTRATION LINK:

<http://bit.ly/3K6fv5F>

### About this event:

**The Tao of Self-Confidence: A Guide to Moving Beyond Trauma and Awakening the Leader Within (Authored by Sheena Yap Chan)**

**Virtual Patent Gateway (VPG) will be hosting a virtual book club discussing Sheena Yap**

**Chan's upcoming book. Have you pre-ordered it yet? You may find Sheena's book on Amazon and major online platforms. What are you waiting for?**

A guide for Asian women to tap into their confidence, joy, and shine as leaders in today's world. In 2021, women represented 54.3% of the US workforce but only held 35% of senior leadership positions. Of that percentage, only 2.7% of Asian women were seen in management roles. While there have been great leaps for women in the workplace in the last decade, women of color still fall behind. The Tao of Self-Confidence book sets a foundation to help Asian Women start being seen as leaders in work and life rather than by our stereotypes. In order to move forward with true confidence, we must learn the lessons our challenges have taught us and heal our trauma. With an honest and vulnerable approach, Yap Chan discusses and explores the specific challenges our community faces, historically and now in the midst of the pandemic, intergenerational and historical trauma, false stories we tell ourselves, and how we can rise above stereotypes. We'll tap into our inner joy, celebrate our authentic self, and awaken the leader within.



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Stay tuned for details to win a raffle



- The Tao of Self-Confidence (5)
- The First, The Few, The Only (5)
- We Are Here: 30 Inspiring Asian Americans and Pacific Islanders Who Have Shaped The United States (5)



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