Salons

HOW TO HOST A SALON

ANHW-DC partners with YaleWomen to host the Harvard/Yale Women’s Salon  
Harvard Medical School alumna and ANHW-DC steering committee member Ellen Fox had an idea.  She wanted to create a forum or activity that would enable intellectually curious people to cut through superficial small talk to a deeper level of dialog and relationship-building. Inspired by Enlightenment Salons of the 18th century, Ellen – with the help of her friend Lynn Borton – developed a unique model that includes a series of short readings and a structured interactive group process designed for each topic. Ellen, who is also a Yale College grad, proposed the Salon series as a joint venture between the Alumni Network of Harvard Women and YaleWomen.  
If you are interested in starting your own Salon series based on the Harvard/Yale Women’s Salon model, contact [ellenfoxmd@gmail.com](http://ellenfoxmd@gmail.com/).

The Art of Managing Up

**Please read this article before the meeting:**

* [The Art of Managing Up](http://uthscsa.edu/gme/documents/TheArtofManagingUp.pdf) (*Defense AL&T*)

**Recommended additional readings:**

* [Managing the Boss](https://www.drucker.institute/monday-issue/managing-the-boss/) *(Drucker Institute)*
* [Managing Your Boss](http://www.artcurators.org/resource/resmgr/ccl_2012/managing_your_boss.pdf) (*Harvard Business Review*)

Gratitude and Well Being

**Please read this article before the meeting:**

* [Gratitude and Well Being: The Benefits of Appreciation](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3010965/pdf/PE_7_11_18.pdf)*(Psychiatry)*

**Recommended additional resources to review:**

* [How Gratitude Leads to Good Health and Happiness: Infographic](https://www.happify.com/hd/gratitude-infographic/) *(Happify.com)*
* [An Experiment in Gratitude: The Science of Happiness](https://www.youtube.com/watch?v=oHv6vTKD6lg) *(Soul Pancake – 7 minute video)*
* [The Selfish Side of Gratitude](https://www.nytimes.com/2016/01/03/opinion/sunday/the-selfish-side-of-gratitude.html) *(New York Times)*

Is Social Media Bad for You

**Please read this article before the meeting:**

* [Is Social Media Bad for You? The Evidence and the Unknowns](http://www.bbc.com/future/story/20180104-is-social-media-bad-for-you-the-evidence-and-the-unknowns?ocid=ww.social.link.email) (*BBC*)

**Recommended additional readings:**

* [What I Learned from a 30-Day Social Media Detox](https://jasondoesstuff.com/social-media-detox-recap/) (Jason Zook’s blog)
* [Why It’s So Hard to #DeleteFacebook](https://www.scientificamerican.com/article/why-its-so-hard-to-deletefacebook/) (*Scientific American*)
* [Technology Addiction: Concern, Controversy, and Finding Balance](https://www.commonsensemedia.org/sites/default/files/uploads/research/2016_csm_technology_addiction_executive_summary.pdf) (*Common Sense Media*)

Gender Revolution

**Please read this article before the meeting:**

* Gender Revolution: How Science Is Helping Us Understand Gender (National Geographic)<https://www.nationalgeographic.com/magazine/2017/01/how-science-helps-us-understand-gender-identity/>

**Recommended additional readings:**

* A New Generation Overthrows Gender (National Public Radio) <https://www.npr.org/sections/health-shots/2017/05/02/526067768/a-new-generation-overthrows-gender>
* A Country Tries to Banish Gender (Slate) <http://www.slate.com/articles/double_x/doublex/2012/04/hen_sweden_s_new_gender_neutral_pronoun_causes_controversy_.html>

Mansplaining

**Please read this article before the meeting:**

* Men Explain Things to Me <https://www.guernicamag.com/rebecca-solnit-men-explain-things-to-me/>

**Recommended additional readings:**

* Mansplaining Explained <https://thenib.com/mansplaining-explained>
* Manterruptions, Bropropriation, and Mansplaining <http://nextions.com/wp-content/uploads/2017/05/manterruptions-bropropriation-and-mansplaining-2-yellow-paper-series.pdf>
* The Novice's Guide to Mansplaining <https://www.pressreader.com/kenya/daily-nation-kenya/20170701/282445644081196>
* Behold Woman's Most Powerful Weapon Against Mansplaining <http://www.thehappytalent.com/blog/behold-womans-most-powerful-weapon-against-mansplaining>

Are You Lucky

**Please read this article before the meeting:**

* Why Luck Matters More Than You Might Think <https://www.theatlantic.com/magazine/archive/2016/05/why-luck-matters-more-than-you-might-think/476394/>

**Recommended additional readings:**

* Why you should admit you didn’t create your success on your own <http://nautil.us/issue/44/luck/ingenious-robert-h-frank>
* Untangling Skill and Luck <https://hbr.org/2011/02/untangling-skill-and-luck>
* Six Things Lucky People Do That Others Don't <https://www.forbes.com/sites/margiewarrell/2015/03/17/create-the-luck-youve-been-wishing-for/#47b41ad94ace>

The Authenticity Paradox

**Please read this article before the meeting:**

* The Authenticity Paradox <https://hbr.org/2015/01/the-authenticity-paradox>

**Recommended additional readings:**

* Unless You’re Oprah, Be Yourself is Terrible Career Advice<https://www.nytimes.com/2016/06/05/opinion/sunday/unless-youre-oprah-be-yourself-is-terrible-advice.html?_r=1>
* Cultivating Authenticity: Letting Go of What People Think <https://thevalueofsparrows.com/2014/07/07/authenticity-cultivating-authenticity-letting-go-of-what-people-think-by-brene-brown/>
* Be Yourself But Carefully <https://hbr.org/2013/10/be-yourself-but-carefully>

Why Women Bully Each Other

**Please read this article before the meeting:**

* Why Women Bully Each Other at Work   
  <https://www.google.com/amp/s/www.theatlantic.com/amp/article/534213/>

**Recommended additional readings:**

* Neither Men Nor Mice   
  <http://www.nytimes.com/2010/03/07/jobs/07preoccupations.html>
* Why Women Get Criticized for Being Candid at Work   
  <https://www.google.com/amp/s/www.theatlantic.com/amp/article/535797/>
* How Office Culture Can Crush Women’s Ambitions   
  <https://www.google.com/amp/s/www.theatlantic.com/amp/article/523443/>

#MeToo Movement

**Please read this article before the meeting:**

* [Time Person of the Year: The Silence Breakers](http://time.com/time-person-of-the-year-2017-silence-breakers/) (*Time*)

**Recommended additional readings:**

* [Where did ‘Me Too’ come from? Activist Tarana Burke, Long Before Hashtags](https://www.bostonglobe.com/lifestyle/2017/10/17/alyssa-milano-credits-activist-tarana-burke-with-founding-metoo-movement-years-ago/o2Jv29v6ljObkKPTPB9KGP/story.html)(Boston Globe)
* [It’s Time to Resist the Excesses of #MeToo](http://nymag.com/daily/intelligencer/2018/01/andrew-sullivan-time-to-resist-excesses-of-metoo.html) (*New York*)
* [Trauma Is Subjective. Assault Categories Are Not](http://www.bettysbattleground.com/2018/01/08/assault-categories/) (*Betty’s Battleground blog)*