



PURDUE **P** ALUMNI

150 YEARS OF
GIANT LEAPS
PURDUE UNIVERSITY

WOMEN'S CONFERENCE 2018

INTERNATIONAL COUNCIL OF PURDUE WOMEN

Waking the Wild Woman Within

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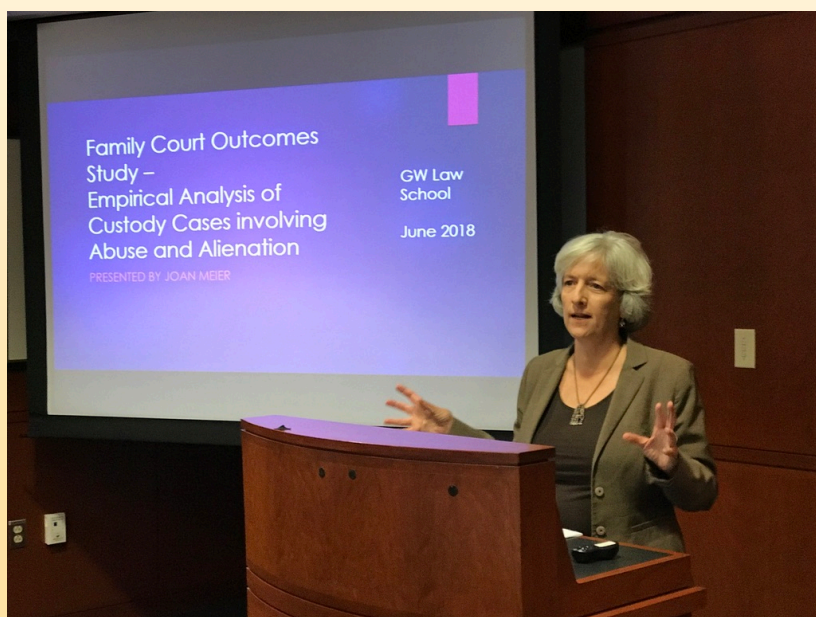
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“Making the Law Work for Survivors of Domestic Violence”







**Dr. Denis
Mukwege
2018 Nobel Peace
Prize Laureate**



Chad, DR Congo, Gambia, Kenya,
Mozambique, Rwanda, Tanzania, Senegal

Wild Child grows up to be....



Celebrating your Wild Women!

This workshop is about...

- ★ reconnecting with your authentic self
- ★ identifying barriers to staying true
- ★ creating a plan to sustain your Wild Woman



Why Wildness?

“...truth is wild; it is dangerous. It upsets things, brings down branches that were rotten on a tree, dislodges stones whose foundations were already shaky.

The wild is uncompromising; its terms are always nonnegotiable, and it would rather die than not be true to what it knows.” - Poet Mary Oliver



Nadia Murad

2018 Nobel Peace Prize Recipient

Questions to consider...

- ★ Are you truly happy with your life as it is right now?
- ★ Would you want your life for your daughter, son, or another young person?
- ★ If you had to give advice to one of your kids or other youth, would you offer your life as a positive role model for how to live?



Questions to consider...

- ★ If we watched a video of a day in your life and/or your family's life, what values would we see?
 - ★ Respect? Compassion? Support?
 - ★ Over the top competitiveness?
 - ★ Healthy eating habits & exercise?
 - ★ Materialism? Too much screen time?
 - ★ Service to others?



What does it mean to be a Wild Woman?

“A wild woman is extraordinarily herself. She does what is natural to her without inhibitions, which means she can do and be anything!

A wild woman is spontaneous, bold, sexually alive and takes risks, leaps before she thinks too much, and is willing to express all of herself. She is untamed by herself or others. She says and does what she feels. She can be quiet and thoughtful, fierce and angry. She's joyful, laughs loudly, plays hard, screams, and mourns her losses.

A wild woman will at times be unsettling to herself and others. She can even be offensive. She is loved by many, but can be threatening to others. She has discovered her wild nature and is willing to express it.” - Laurel King

What does it mean to be a Wild Woman?

Being a Wild Woman is a deliberate act of personal revolution.
It means waking up!
Embracing your true self.

We deserve wildness and an authentic life.

It can be as simple as saying hello to everyone you meet or buying new underwear, or as difficult as standing up to your boss, or leaving an unhealthy relationship.

Activity #1

What brings you joy?

When do you feel most
alive?

(List 10-12 things)



Cassie, a former DV LEAP client

Activity #2

What do you need?

I need...

(List 10 things)



Activity #3

What is the most outrageous, wild women thing you've ever done?

(Please write on index card)

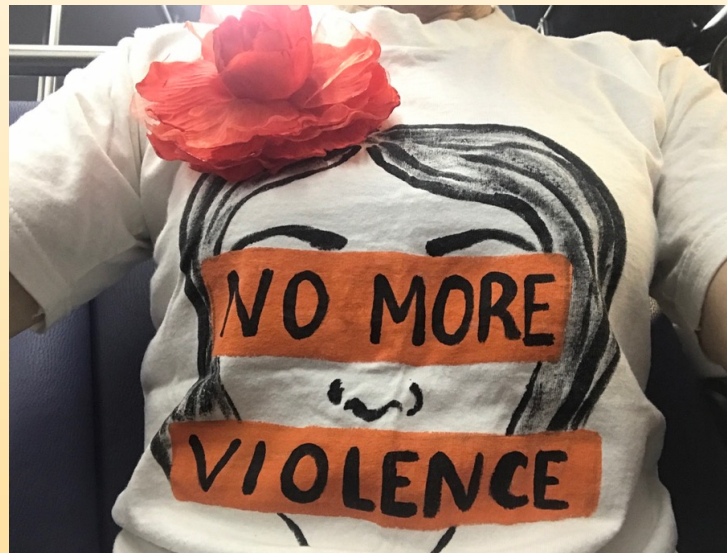


How do we be wild in a culture that tells us to be “good girls?”

Don't talk too loud
Don't be too bossy
Don't express your opinion
Don't be selfish

Don't be too emotional
Don't be so sensitive
Don't get angry
Don't dress provocatively

Besides gender norms and scripts, what else holds women back?



You know you may be too busy when...

- ★ You drink less water water because trips to the bathroom take too much time.
- ★ You shout “hurry up!” at the microwave.
- ★ You bring your laptop to the hospital to do work before surgery - or after giving birth.
- ★ You mentally multitask during sex.
- ★ You wear pants instead of skirts so you don’t have to shave your legs.

(Oprah Magazine, 2016)

Sometimes we get in our own way...



But we can't block the darkness or we will also the light.

To be guided by your inner knowing, you have to stop long enough to sit still, listen, and trust yourself.

What is a Wild Woman response?



- ★ Embrace the dark side.
- ★ Work with what you've got.
- ★ Cannot give what you do not have.
- ★ Listen to your gut.
- ★ Find courage, give yourself permission.
- ★ Create and re-create.

Activity #4: Visualization Exercise



Activity #4: Visualization Exercise

Who was your 10-year-old self?

Who was that girl? What was she like?

What did she look like?

How did she dress?

Who were her friends?

What were her activities and dreams?

* This was probably the last time you were truly authentic.*



Activity #5: Defining Your Wild Woman

If you met your wild self walking down the street, how would you describe her? My wild woman is.....

What are your hopes & fears for her?
Why do you want to be wild?



Activity #6: Overcoming Barriers



What are barriers to being true to yourself?

What gets in the way?

(List 5 barriers)

Activity #6: Overcoming Barriers

What can you do to overcome those barriers?

(List 5 actions)



Rosa Parks refused to give up her seat on this bus, igniting the Civil Rights Movement.

Activity #7: Staying True



What is 1 wild action you can take in the next 24 hours to be true to yourself?

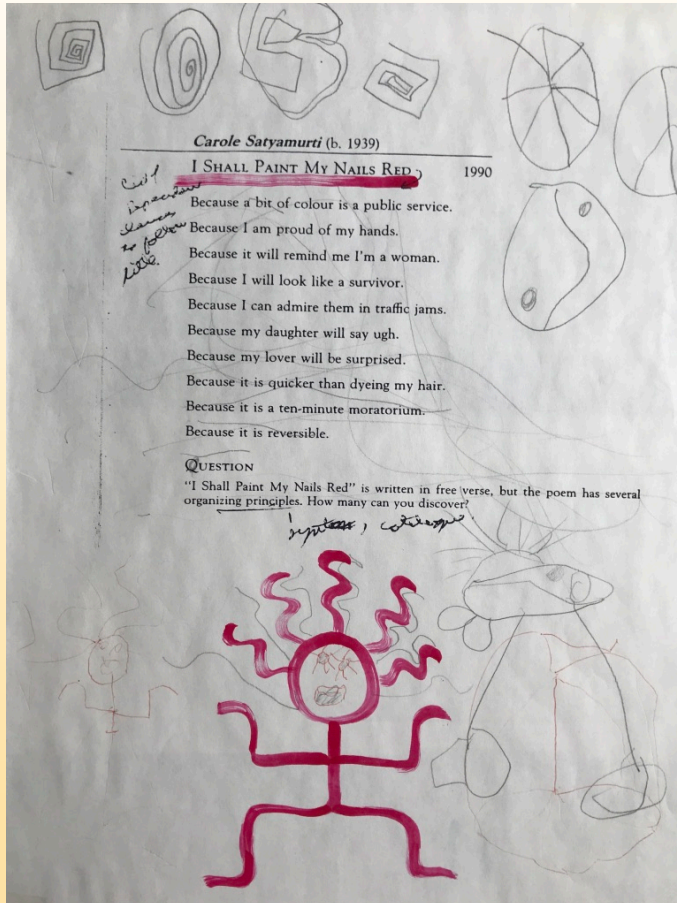
What will you need to do over the next 6 months and beyond to sustain your wild woman?

(List 5 actions)

Final Thoughts on....

the importance of red nail polish?!





I Shall Paint My Nails Red

- Carole Satyamurti

Because a bit of color is a public service.
Because I am proud of my hands.
Because it will remind me I'm a woman.
Because I will look like a survivor.
Because I can admire them in traffic jams.
Because my daughter will say "ugh."
Because my lover will be surprised.
Because it is quicker than dyeing my hair.
Because it is a ten-minute moratorium.
Because it is reversible.



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