

# ASU FWA/FWOCC Scholar Series 2023

Arizona State University



## Enhancing Holistic Wellness in the Workplace with Dr. Della Mosley

**Special Keynote Event: Thursday, September 21, 2023**

**5:00PM-6:30PM Old Main Carson Ballroom at the Tempe campus**

**Reception 4:30PM-5:00PM**

**Webcast Option Available**

The ASU Faculty Women's Association (FWA) and the ASU Faculty Women of Color Caucus (FWOCC) invite you to a special ASU FWA/FWOCC Scholar event featuring Dr. Della Mosley, a counseling psychologist and scholar-activist whose expansive work is dedicated to creating healing spaces from racial trauma.

In this powerful keynote, Dr. Della makes the case for increasing cultural mindfulness in the workplace. Cultural mindfulness is a practice that encourages individuals to develop and maintain an awareness of (1) their own cultural identities and how their access to wellness is facilitated or prevented as a result of it, (2) the cultural identities of others and how their access to wellness is similarly impacted, and (3) how power operates to shape their interactions (or lack of interaction) with culturally different people through the lens of intersectionality. Dr. Della will share personal stories from her own journey and from her work as a consultant supporting diverse people and organizations to do the same. They will also introduce practical strategies that can support attendees in enhancing their cultural self-awareness, interpersonal efficacy in cross-cultural relationships, and understanding of the barriers and pathways to wellness for people with diverse cultural identities.

Webcast option is available. Please select WEBCAST ticket if you plan to attend remotely.

The ASU FWA/FWOCC Scholar Series is co-sponsored by ASU ADVANCE, the Committee for Campus Inclusion and the School of Counseling and Counseling Psychology, CISA.

This event is open to all ASU faculty, staff and students.  
Register today at:



[asudellamosleykeynotefall2023.eventbrite.com](https://asudellamosleykeynotefall2023.eventbrite.com)