

Females in Athletic Business

Dec 2017

FAB

FEMALES IN
ATHLETIC BUSINESS

Too Important To Ignore—Advice on Sexual Harassment in the Workplace



Countless high profile stories of sexual harassment in the workplace have surfaced in recent weeks, and as a voice for women in the sports industry, [FAB] is making sure that women are informed about the facts and their options, should they find themselves in a situation which makes them feel the need to take action. In the coming months, we will be delving into this topic in a more in-depth way via our pod-cast and at our spring event, in the mean time, we'd like to provide members with what we think is a valuable article with some basics on what sexual harassment is and some different ideas of how to deal with it. That being said, there is not just one correct way to deal with this if it were to happen to you, and how you would move forward is up to you and only you. Here is a portion of a recent New York Times Article on the topic. The entire article can be found at: <https://www.nytimes.com/2017/11/10/style/sexual-harassment-work-advice-lawyers.html>

Countless high profile stories of sexual harassment in the workplace have surfaced in recent weeks, and as a voice for women in the sports industry, [FAB] is making sure that women are informed about the facts and their options, should they find themselves in a situation which makes them feel the need to take action. In the coming months, we will be delving into this topic in a more in-depth way via our pod-cast and at our spring event, in the mean time, we'd like to provide members with what we think is a valuable article with some basics on what sexual harassment is and some different ideas of how to deal with it. That being said, there is not just one correct way to deal with this if it were to happen to you, and how you would move forward is up to you and only you. Here is a portion of a recent New York Times Article on the topic. The entire article can be found at: <https://www.nytimes.com/2017/11/10/style/sexual-harassment-work-advice-lawyers.html>

In the weeks since The New York Times published allegations of sexual harassment against Harvey Weinstein, thousands of people have come forth about their experiences. Many people have instigated legal action or helped begin investigations at their workplaces. There are many options for people who feel they have been sexually harassed. There is, however, absolutely no substitute for legal advice that is specific to your situation. Here are some important things to think about.

Sexual harassment in the workplace is an umbrella term that encompasses a range of unwanted behaviors. This includes nonphysical harassment, including suggestive remarks and gestures, or requests for sexual favors. Physical harassment includes touches, hugs, kisses and coerced sex acts. It can be perpetrated by anyone — a manager, a colleague, a client. The perpetrator or the recipient may be male or female. **It does not need to occur inside the office.** Your employer could still be responsible for investigating the incident and handling it appropriately.



FAB-

Females in Athletic Business



Facebook.com/faborg



@fabsportsorg



@fabsportsorg



@fabsportsorg



This is the

SEASON OF GIVING

Are you ready to help [FAB] grow?

**Give to [FAB] today and help fund
scholarships and events!**

To give, log on to www.gofundme.com/givetofab

Females in Athletic Business

DECEMBER EVENTS NEAR YOU

Date	Event	Location	Link
12/7	TeamWomenMN Holiday Networking Event	Minneapolis, MN	https://www.eventbrite.com/e/2017-teamwomenmn-holiday-networking-event-tickets-37202170694
12/9	Women in Business Networking Event	Oak Park, MI	https://www.eventbrite.com/e/women-in-business-networking-event-tickets-39271218271
12/13	Atlanta Falcons Sports Career Expo	Atlanta, GA	https://www.eventbrite.com/e/2017-atlanta-falcons-sports-and-entertainment-career-expo-tickets-39873723380
12/14	Women Winning in Business	Frisco, TX	https://www.eventbrite.com/e/women-winning-in-business-tickets-39639659288

MAKING MENTAL HEALTH A PRIORITY, WHEN WORK IS CRAZY

How often do you feel overwhelmed by work? Was something new added to your plate, along with the usual workload? In many students' cases, handling a heavy class load, having to work to pay bills, attending clubs and group functions, and oh yeah the dreaded group projects that arise at the most stressful point in the semester, are enough to send a person into mental overload. We bet just reading this is making you sweat!

Women in our industry are successful because we work hard and we tend to make additional commitments on top of our normal job duties. Often, our careers require a huge time commitment often working beyond the regular 8:00am - 5:00pm schedule which can include many late nights and weekends. Many of us also have to juggle family and children or roommates and homework.

As much as we might love our careers or the organizations we are a part of, it can be easy to get caught up with everything

going on around us and ignore the need to relax. This can often leave you feeling overwhelmed or stressed and with consistency it can lead to depression, which plays a major factor in mental illnesses.

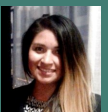
Mental illness? No, this doesn't mean you are not crazy, mental illness just refers to mental health conditions that affect your mood, your thinking and your behavior when interacting with others. As a matter of fact, mental illness is actually very common and it can affect people of any age, gender, income bracket, and any cultural background. On average, 1 in 5 adults struggle with this type of mental illness. A few examples include depression, anxiety disorder, eating disorders, bipolar disorder and schizophrenia. As mentioned, dealing with a stressful life situation is one of the major risk factors for developing mental health problems. This could mean stress from work, school, exams, and even the stress from financial prob-

lems. As undergraduates and professionals we focus on impressing people at work and pursuing our degrees, however we forget about a fundamental aspect of life which is taking care of ourselves. Professionals recommend we take time off from everything that is going on around us to pause and to rest. Whether it is going to the gym, taking a Zumba class, reading a book, or maybe even having a girls' night with some wine and some good laughs, indulging in your favorite time-off activity will go a long way. Let's start by adding self-care to our agendas. Try blocking off an hour or two during the week to focus on yourself, and name it "Me Time."

By student writer, Elizabeth Leon

Reference

<https://www.mayoclinic.org/diseases-conditions/mental-illness/basics/definition/con-20033813>



Females in Athletic Business

GIVE BACK TO WOMEN, THIS HOLIDAY SEASON

This time of year is often when we get into the giving spirit. With that in mind, we want to provide our members with a few different ways to give back to women's causes worldwide, as well as more close to home.

Dress for Success Worldwide

Dress for Success is an international not-for-profit organization that empowers women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life.

www.dressforsuccess.org

Women for Women International

Since 1993, Women for Women International has helped more than 462,000 marginalized women in countries affected by war and conflict. They serve women in 8 countries offering support, tools, and access to life-changing skills to move from crisis and poverty to stability and economic self-sufficiency.

www.womenforwomen.org/

RAINN

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

www.rainn.org



FAB

Finally, [FAB] is a great option for your donations this holiday season. At this time we are accepting donations to help fund our Discover Your Dream Job Shadow Scholarship. This scholarship is partially funded by a generous donation from Anthony Travel. However, we are looking for a donation of around \$600.00 to pay for hotel costs for our winner. You can find more information about the scholarship on our website.

We are also looking for help funding our next event. Our 2nd annual Spring Training for Your Career event will be held this spring in the Lansing, MI area and in order to keep admission affordable or even free, as we have in the past, we are looking for donations to pay for speaker fees, travel costs and food and beverage. Thank you so much for considering giving to fab.

www.gofundme.com/givetofab

INTRODUCING THE [FAB] BLOG

**CHECK IT OUT AT
FABSPORTSORG.COM**