

Conference Program

8:30am - 9:00am	Arrival & Registration
9:00am - 9:20am	Opening Remarks & Land Acknowledgement <i>Dr. Joël Dickinson, President & Vice-Chancellor, MSVU</i>
9:20am - 10:00am	Keynote Address <i>Lacey Koughan</i>
10:00am - 10:10am	Break
10:10am - 11:00am	Concurrent Workshop Session 1
11:00am - 11:10am	Break
11:10am - 12:00pm	Concurrent Workshop Session 2
12:00pm - 1:00pm	Lunch - Rosaria Dining Hall
1:00pm - 1:50pm	Concurrent Workshop Session 3
1:50pm - 2:00pm	Break
2:00pm - 2:40pm	Resiliency - Panel Discussion
2:40pm - 2:50pm	Poem Presentation - Damini Awoyiga <i>"Our Mothers Gardens"</i>
2:50pm - 3:00pm	Conference Wrap Up <i>Prize Draws</i>

Workshop Session Schedule

10:10am - 11:00am - Concurrent Workshop Session 1	
Science Sampler: A Taste of STEM! <i>Esther Puiras & Alzena Ilie</i>	McCain 301/302
Let's Talk Activism and the Ecology Action Centre <i>Abby Lefebvre</i>	Rosaria 401
Poetry is Power: Finding Your Voice Through Verse <i>Damini Awoyiga</i>	McCain 401
Netflix's <i>Sex Education</i>: Facts or Fiction? Grace Schwenck, Grace Wang, & Justin Shimizu	McCain 105/106
MSVU Campus Tour	Outside Rosaria Multipurpose Room

Workshop Session Schedule

11:10am - 12:00pm - Concurrent Workshop Session 2	
Yoga for Core Strength <i>Melissa Millar</i>	Rosaria Fitness Studio (next to MSVU Gymnasium)
Weightlifting <i>Alli MacNeil, Isobel DeMont, Thea Wall, & Kirk Jessome</i>	MSVU Gymnasium (Rosaria 222)
Writing - A New Perspective <i>Theresa Meuse</i>	McCain 401
Exploring Wild Edible Plants <i>Jillian Ruhl</i>	Community Garden, 175 Seton Road - <i>Usher will meet outside Rosaria Multipurpose Room for departure at 11:05am</i>
Women Unlimited: Engaging, Encouraging, and Empowering Women in Trades and Technology <i>Patricia Brooks-Arenburg, Nikki Farmer, & Akira Evans</i>	McCain 301/302
MSVU Campus Tour	Outside Rosaria Multipurpose Room

Workshop Session Schedule

1:00pm - 1:50pm - Concurrent Workshop Session 3	
Weightlifting <i>Alli MacNeil, Isobel DeMont, Thea Wall, & Kirk Jessome</i>	MSVU Gymnasium (Rosaria 222)
Forensic Science: Fact & Fiction <i>Katelyn Cherwonick & Sherri Samson</i>	McCain 105/106
Women in Search & Rescue <i>Isabelle Nault</i>	McCain 301/302
Get to Know Your Period! <i>Tessa MacIsaac & Faye Fraser</i>	McCain 401
Sparking a New Path to a Career! <i>Charlene Tasco</i>	Rosaria 401
MSVU Campus Tour	Outside Rosaria Multipurpose Room

Keynote Address - Lacey Koughan



Lacey Koughan is the innovative owner of 24STRONG, whose unwavering spirit has allowed her to create and nurture her business into a thriving enterprise. Her entrepreneurial prowess has garnered recognition, earning her accolades such as the 2023 Rising Entrepreneur, Atlantic Canada's 30 Under 30 Innovators, Red Cross Young Humanitarian of the Year, and 1/5 finalists for the Canadian Young Entrepreneur of the Year. These awards demonstrate Lacey's exceptional leadership and vision in the business world.

Starting a business at a young age was a daunting prospect for Lacey, but she refused to let fear hold her back. With confidence, determination, and creativity as her guiding lights, she embarked on her entrepreneurial journey, defying expectations, and surpassing barriers.

Following her favorite mantra, "You have the ability to create the life you desire," Lacey continues to inspire others to reach for the stars and create their own paths to success. Learning from her own experiences, Lacey also offers important advice to those on similar paths: "Listen to that desire you have for 'more'. Don't allow the constructs of other people's beliefs for what you 'should' do with your life hold you back from following your true passion. People will judge you. People will laugh at you. People will question your ability to achieve. But those same people are too scared to try it for themselves. Go for it. You will learn SO much about yourself along the way. If something doesn't work out in the way that you envisioned it to, take the lessons you've learned and try something new."

Workshops and Presenters



Science Sampler: A Taste of STEM!

McCain 301/302

10:10am - 11:00am

Come explore a diverse range of sciences at this STEM session! Join us for an hour of discovery and fun as we dive into the realms of Biology, Chemistry, Mathematics, and Psychology. Engage with each subject through interactive stations designed to spark curiosity about different avenues of STEM.



Our hands-on experiments will allow you to learn about and experience the intricacies of each field under the guidance of experienced mentors. Whether you're intrigued by the mysteries of chemistry, fascinated by the workings of the mind, or drawn to the beauty of numbers, there's something for everyone at this session. Come join us and unlock the wonders of STEM!

Esther Puiras (she/her) is a student at Dalhousie University, where she is currently pursuing her Master's in Experimental Psychology. Her research focuses on the intergenerational transmission of stress between mothers and their infants, as well as early emotional development in children aged 4-6. In her free time, she volunteers with CAGIS to help educate and inspire young girls about opportunities in STEM fields.

Alzena Ilie (she/her) - My name is Alzena, and I am in my 2nd year of the Clinical Psychology Ph.D. program at Dalhousie University. In my program, I assess and treat children and adolescents with psychological disorders, and I do research focusing on children's sleep. In my free time, I love to play piano, cook, exercise, and hang out with my two kittens!

Let's Talk Activism and the Ecology Action Centre

Rosaria 401

10:10am - 11:00am



In this workshop you'll get the opportunity to learn about the Ecology Action Centre (EAC)! Participants will also have the chance to explore activism through engaging in one of our campaigns. The presentation is interactive, and youth will be playing trivia and answering questions as they learn about the organization. The second half of the workshop involved an activity component which allows you to help directly with one of my current projects. I am excited to meet you and talk to you all about the EAC!

Abby Lefebvre (she/her) grew up in Halifax, Nova Scotia, and completed her Bachelor's degree in Sustainability and Sociology at Dalhousie University. Prior to starting her Bachelor's degree, Abby backpacked Australia to explore a different culture and environment. While there, she discovered a passion for working towards a sustainable future, inspired by the state of the Great Barrier Reef, activism to preserve endangered wildlife, and inclusivity towards different groups. She hopes to use this passion to strengthen and engage communities in her home province to combat climate change, and is currently working with EAC's electric school bus campaign. When not at the EAC, Abby can be found hiking and exploring local sites across the province.

Netflix's *Sex Education*: Facts or Fiction?

McCain 105/106
10:10am - 11:00am

Grade 9+



Our workshop explores the intricacies of sexuality and sexual relationships. Reflecting on clips from Netflix's *Sex Education*, we emphasize the importance of clear communication and enthusiastic consent in intimate encounters. We also explore the spectrum of sexual identities, including asexuality, and shed light on misunderstood topics like sexual difficulties. Our goal is simple: to break down myths and celebrate our differences in a respectful and empowering environment.

Grace Schwenck (she/her) is a 5th year PhD student in Clinical Psychology and sex researcher at Dalhousie University. Her research was focused on new parents and couples coping with low sexual desire, specifically examining how interpersonal factors play a role in how these couples manage challenges. Clinically, Grace supervises junior students and works with individuals and couples to navigate issues related to their intimate relationships and sexual health. When not in the clinic or wrapping up her dissertation, Grace can be found listening to a Noah Kahan record while painting, hand-building with clay, or tending to her numerous plants.



Grace Wang (she/her) is finishing up her 3rd year as a PhD student in Clinical Psychology at Dalhousie University, where she studies how our emotions (and how we manage them) can impact our romantic relationships. Throughout her studies, Grace became a huge emotion-science enthusiast, but also developed a passion for mentorship and removing systemic barriers for students and youth. Outside the lab, her interests include backpacking, formal logic, poetry, the deep sea, and increasing global access to mental health and safety resources.

Justin Shimizu (they/them) is a Clinical Psychology student at Dalhousie University, who is very excited to be working with CaSH Lab. After a seven-year career as a paramedic, they completed an Honours degree in personality and social psychology with a minor in sexuality studies at Carleton University. As a graduate student, Justin explores couple-based interventions in the treatment of sexual dysfunctions and across the transition to parenthood. Justin is particularly passionate about engaging in research from an intersectional perspective and adhering to principles of justice, equity, diversity, and inclusion.



Poetry is Power: Finding Your Voice Through Verse

McCain 401

10:10am - 11:00am

In this workshop, participants will explore how to write poetry that creatively expresses their “voice”, relationship to belonging, change and more. Participants will also have the opportunity to refine their writing, practice performance of their work and receive constructive feedback in a fun, collaborative, creative and inspiring environment.

Damini Awoyiga is a 16-year-old high school student. She is an activist, spoken word poet and Halifax’s Youth Poet Laureate.

Find out more about Damini on **page 28**.

Weightlifting

MSVU Gymnasium, Rosaria 222

11:10am - 12:00pm

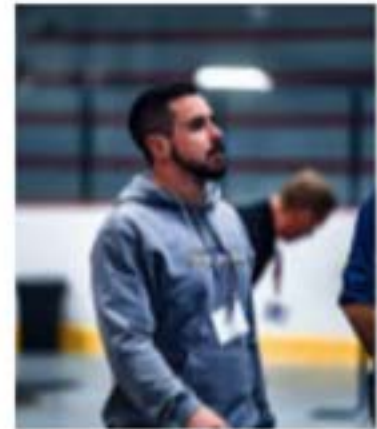
& 1:00pm - 1:50pm

****Max 20 Participants****



Weightlifting has been contested at every Olympic Games since 1920, but women were only included in the sport in 2000. Since then, the number of women in weightlifting has increased dramatically. In 2023, 50% of athletes at the World Championships were women! In this session, you will be introduced to the Olympic lifts (the snatch and the clean and jerk). Under the guidance of an experienced coach, you'll learn the fundamental techniques of the two movements and become familiar with the process of training for strength sports. On top of that, you'll get the chance to watch and learn from a few of Nova Scotia's best female lifters!

Alli MacNeil (she/her) was introduced to weightlifting through attending Saturday morning Crossfit classes with her dad in 2019. As a previous track athlete, her power quickly translated to the Olympic lifts. After just two years in the sport, she placed in the top 5 at the Junior Canadian Nationals. As a senior athlete, Alli is both a Nova Scotia champion, Atlantic Canada champion, and is ranked as a top 10 athlete in Canada in two weight classes, all while completing a Master's of Applied Science at Saint Mary's University!



Isobel DeMont (she/her) is a weightlifter from New Glasgow, NS, who is now doing her PhD in Environmental Engineering at Dalhousie. She initially learned the Olympic lifts through strength and conditioning for rugby and in Crossfit classes, but started competing in weightlifting in 2020. Isobel is a 3x Nova Scotia champion, a 2x Atlantic Canadian champion, has multiple Nova Scotia records, and last year, she came 8th in the <87kg category at the Canadian Senior National Championships!

Thea Wall (she/her) first found weightlifting as a way to help her become a stronger volleyball player. After 5 years of college volleyball with Dal AC in Truro, weighting became her full time sport and she has been competing for 7 years now. Thea has 6 provincial records and a snatch gold medal from the 2022 Canadian National Championships.

Kirk Jessome (he/him) has been coaching in the sport of weightlifting since 2018 after finishing his university athletic career as a track and field athlete at Dalhousie University. Coaching in both weightlifting and track and field, Kirk has worked with national team members, multiple national champions, record holders, and many more at a provincial level. Kirk's goal in coaching is to help athletes realize their own strength and potential through the power of sport.

Yoga for Core Strength

Rosaria Fitness Studio (next to MSVU Gymnasium)

11:10am - 12:00pm

****Max 30 Participants****



“Six pack”, “flat stomach”... sometimes we think that’s what the ideal is but in fact, these goals can be harmful. This yoga class will focus on improving strength and endurance of the core muscles and include a meditation/visualization exercise at the end. You will get a great workout but also learn about muscles and optimal health of your core! Thinking about your fitness with a ‘yogic’ approach will help soften judgements and expectations on how your body should look and instead give you confidence to be your best.

Melissa Millar (she/her) has been working in the fitness industry for over 25 years and presenting at conferences for over 15. She holds degrees in Fine Arts and Kinesiology, and certifications as a Personal Trainer, Group Fitness Instructor, Yoga Instructor, and Trainer Educator. In 2009 she was awarded the Fitness Instructor of the Year-Freestyle in Auckland, NZ. Melissa then started her own mobile fitness company, MOTIVA Wellbeing and Fitness, which was active in Halifax for 7 years before she moved to working fulltime at MSVU as Coordinator, Fitness & Wellness.



Writing - A New Perspective

McCain 401

11:10am - 12:00pm

We all do some form of writing in our life's journey and this workshop examines those types of writings. Whether you write professionally, or it's just a hobby, or maybe you don't have any desire to write at all, this workshop can still be for you. This session looks at all types of writing and how it can be beneficial in your journey.

Theresa Meuse (her) was raised in L'sitkuk (Bear River) Mi'kmaw community and left in 1986 to attend Dalhousie University as a mature student. Since graduating with a Bachelor's Degree, she has been employed with several Mi'kmaq organizations with the latest being the Mi'kmaw Native Friendship Center. She was also privileged to serve a two-year term as Chief in her community and has spent many years working as an Indigenous Educator and Advisor. She presently operates an online craft business - Mi'kma'ki Craft Supplies - and is the author of four published children's books entitled, *The Sharing Circle*, *L'nu'k*, *The Gathering*, and *Sweet Grass*. Theresa is a wife, mother of three and grandmother of four.

Exploring Wild Edible Plants

Community Garden, 175 Seton Road

**An usher will be outside the Rosaria Multipurpose Room for a departure at 11:05am if you need help getting there 11:10am - 12:00pm*

****Please note: This session requires 50 minutes of walking up and downhill around campus.***



Explore the “wild” side of the university campus by meeting native and feral plant species. In this immersive session, attendees will be guided through the identification of some wild edible plants, safety and ethical foraging, and how to incorporate wild plants and flowers into their everyday life. Whether you’re a seasoned forager, culinary foodie, or a curious novice, this session promises to inspire, educate, and delight your senses.

Jillian Ruhl (she/her) works in the Department of Applied Human Nutrition at Mount Saint Vincent University as a Laboratory Instructor and the Faculty Supervising Dietitian for the Internship Education Program. She also oversees the university’s Community Garden and manages the campus beehives and newly arrived hens! Before attaining her Master of Science in Applied Human Nutrition and becoming a Registered Dietitian, Jillian worked as a Chemical Analyst in environmental sciences and later supervised in the Nutrition and Food Services department at Nova Scotia Health. As an avid forager, apiculturist (beekeeper), and gardener, her main interests surround the provision of food from the ground up. Her thesis focused on the use of wild edible plants in food tourism, exploring the value of hyperlocal, land-based foods for business owners and their experiences. Jillian is devoted to helping learners achieve the best educational experience possible in their journey of becoming competent, confident, and fulfilled professionals.



Women Unlimited - Engaging, Encouraging and Empowering Women in Trades and Technology

McCain 301/302

11:10am - 12:00pm

Women Unlimited

nsc

Women Unlimited has been around since 2006. This free 14 week career exploration program has supported over 1000 women on their journey through trades and technology.

Join us as we chat with some industry women who have been a part of this program about their experiences!

Program staff **Patricia Brooks-Arenburg** (she/her) (left), **Nikki Farmer** (centre), and **Akira Evans** (she/her) (right) are a group of dedicated women who have been working for years to assist and ensure women gain access to educational training and direct entry opportunities that lead to employment in underrepresented sectors.

Forensic Science: Fact & Fiction

*McCain 105/106
1:00pm - 1:50pm*

****Max 30 Participants****

Come learn about how forensic scientists use fingerprints to solve crime! In this session, participants will hear from real life CSI's who attend and process crime scenes in Halifax. We will discuss and show how fingerprints can be developed on different surfaces, even revealing those that are hidden from the naked eye, and debunk some common TV misconceptions. There will be show-and-tell examples, exhibits for participants to inspect, and some hands-on fun as well!

Katelyn Cherwonick has been a civilian in the Forensic Identification Section with the Halifax Regional Police for 5 years. She holds a Bachelor of Science from Dalhousie, as well as an Honours in Biology and a Forensic Science Diploma from Saint Mary's University. When attending and processing crime scenes, she allows "the evidence to tell the story" to help bring justice to victims and their families. Katelyn has a passion for forensic science, and routinely conducts presentations for various youth and girls programs promoting STEM in the Halifax region. In her spare time, she enjoys hiking with her dogs.

Sherri Samson has been a police officer with Halifax Regional Police for 14 years, working the past 3 years in the Forensic Identification Section. She holds a Bachelor of Science from St. Francis Xavier University and a Master of Forensic Science from the University of New Haven in Connecticut. She attends crime scenes in the Halifax area; the evidence she documents and processes helps investigators to identify the culprit and solve files. She enjoys sharing her love of science and promoting this fun career option to women and girls, which has historically been a male-dominated field. In her spare time, Sherri is an avid runner.



Sparking a New Path to a Career!

Rosaria 401

1:00pm - 1:50pm

In this session we will engage an interactive activity using a creative way to imagine what our future careers could look like. SparkPath Challenge Cards is a well known trademarked tool in Canada, created to inspire young minds by looking at career decision making as problems or challenges in the world that we are interested in solving, It is a unique way to think about what appeals to our natural interests and abilities. Join me for something a little different and discover the many possibilities that exist for you!

Charlene Tasco (she/her) is a Certified Career Development Practitioner with almost 19 years of service helping people from youth to seniors with career decision making, exploration, labour market information, employability skills and more. Her current role is as a NS Works School Liaison, where she supports youth in three high schools from grades nine to twelve. She is well known for her passion helping young people find their way toward self sufficiency, whether supporting them in securing part-time jobs in high school, and/or assisting them with many different types of career exploration activities and experiences. Charlene always says every young person has the potential to do great things in life, and she enjoys working with every student she can to help them discover the best of themselves.



Women in Search & Rescue

*McCain 301/302
1:00pm - 1:50pm*

This session will explore the importance of volunteerism and the transformative effects it has on those who devote their time to making a difference in people's lives. Specifically, we will examine the vital role women play in Halifax Search and Rescue.

We'll discuss what being an active volunteer in the organization means and how it allows individuals the opportunity to collaborate and work with a committed, diverse group of people while learning essential skills, that contribute to saving lives.

Isabelle Nault (she/her) joined the Mount on July 10, 2023 in the capacity of Vice-President, Administration.

Isabelle is a bilingual (French-English) architect with more than 15 years of diverse experience in higher education, project management and architectural design in both the public and private sectors.

Get to Know Your Period!

McCain 401

1:00pm - 1:50pm



Our workshop is designed by girls for girls. This workshop will be facilitated by members of Girls Taking Action, a group of young women who are passionate about addressing period stigma and encouraging girls to be more comfortable with their bodies and periods. Whether you are someone who has gotten their period before or someone who hasn't, this workshop will be an engaging and informative experience for all! The workshop will include discussions and activities that focus on learning about periods, debunking common menstrual myths, exploring how period stigma affects girls and women and actions that you can take to address period stigma in your school and community! The session will also explore different menstrual products, and participants will make their own period kits!

Tessa MacIsaac is a student at Dalhousie University's Faculty of Agriculture and is currently in her fourth and final year of a BSc in Agriculture, majoring in Environmental Sciences. Tessa is part of the Dal AC Loggersports team and has been the 2023-2024 Dalhousie Agricultural Students' Association President. Tessa is an avid 4-H member and sits on the Provincial Members Voice Committee. She will be beginning her Bachelor of Education Degree at St. F.X. this coming September. She is a proud co-founder of Girls Taking Action: a female led group focused on body positivity and period stigma/poverty. Tessa can't wait to be a part of this year's Girls Conference!

Faye Fraser works as a clinical social worker in a counselling role at Mindhous Wellness in Antigonish NS. She is a proud supporter and co-founder of the Girls Taking Action group that has been youth led and youth focused, creating projects and making change in the Strait Region. Their projects have focused on self love, body positivity and period stigma. This will be the 7th time Girls Taking Action has presented at the MSVU Girls Conference and we are so excited to be back!

Resiliency - Panel Discussion

Join a thoughtful panel discussion on **Resiliency** from five women of diverse backgrounds and experiences. This panel session will explore what it means to be resilient, how we can cultivate it, and will be complimented with stories of resiliency from our panelists.

Dr. Lucy Helyer is a surgical oncologist in the QEIIHSC Halifax. She went to High School in Middleton, NS, and did her undergraduate education at Dalhousie University in microbiology. She graduated from Dalhousie with her medical degree and then went on to a residency in Family Medicine in Fredericton, New Brunswick. Dr. Helyer was accepted into general surgery residency in 2000 and passed her Royal College exams in 2004 before going on into Surgical Oncology Fellowship at the University of Toronto, where she also completed a Masters in Clinical Epidemiology. Since returning to Halifax, she focuses on several disease sites, namely breast, melanoma, gastric, and rectal cancer. She has held many varied administrative and leadership positions in the Department of Surgery. She is currently the Program Director of the General Surgery Resident and Head of the IWK Breast Centre.



Jocelyn Paul is Mi'kmaw (Membertou First Nation) and is a 4th year Ph.D. student in Clinical Psychology at Dalhousie University. She graduated with a B.Sc. (Hons) degree, majoring in Psychology and minoring in Biology from Mount Saint Vincent University in 2018. Additionally, she completed her M.Sc. in Psychiatry Research (supervised by Dr. Amy Bombay) from Dalhousie University in 2020.

Jocelyn is currently working on her dissertation, which aims to understand the perspectives, barriers, and facilitators of sleep, as well as sleep interventions among Indigenous populations in Nova Scotia.

Resiliency - Panel Discussion



Dr. Jennifer Khoury (she/her) is an Assistant Professor and Tier II Canada Research Chair in Interdisciplinary Studies in Neuroscience, in the Department of Psychology at Mount Saint Vincent University (MSVU). She holds adjunct appointments in the Department of Psychology and Neuroscience and the Department of Psychiatry at Dalhousie University. She is also a registered psychologist in Nova Scotia.

Dr. Khoury's research program adopts a multi-method approach to understand how early life stress impacts the brain and behavior of parents and children, from the prenatal period to adulthood. Dr. Khoury's research examines the impact of neurobiological stress and emotion regulation on child development, including social and emotional outcomes. She studies stress responses through physiological markers, including the stress hormone, cortisol, as well as through brain imaging. The primary goal of this work is to foster child biopsychosocial development.



Martina Kelades (she/her) is a professional storyteller, actor, mental health and wellness speaker, and host of the Life Out Loud Podcast. Martina is the founder of Life Out Loud Mental Health Consulting & Creatives, a speaking business focused on individual and organizational mental health and wellness.

Martina's foundation is based on using pain to find purpose, resilience, and strength in our stories and life experiences. Martina has a strong belief in the power of vulnerability, which is the birthplace of Life Out Loud.

Resiliency - Panel Discussion



Dr. El Jones is a poet, journalist, professor and abolitionist living in Halifax, Nova Scotia. She was the 5th Poet Laureate of Halifax and a 2015 resident of the International Writing Program at University of Iowa. El was the poet in residence at U of T Scarborough in 2021. She won 2 Atlantic Journalism Gold awards in 2018 and 2019. In 2016, In 2016, El was a recipient of the Burnley

“Rocky” Jones human rights award for her work with prisoners. She was the 15th Nancy’s Chair in Women’s Studies at Mount Saint Vincent University. El received her PhD in Cultural Studies at Queen’s University and is an assistant professor in the Department of Political and Canadian Studies at Mount Saint Vincent University.



Moderated by Karen Dean

Some words that describe Karen Dean are:

Resilience Expert, Inspiring Speaker, Fierce Leader, Success Coach, Entrepreneur, Bestselling Author, Mentor, Mom, Survivor, Advocate, Limit Pusher

Karen has over 25 years of experience helping people not just survive, but thrive, in their careers, businesses and personal lives. She works with diverse audiences, from individuals to large corporations, offering practical tools that promote resilience, elevate team dynamics, and enrich workplace environments. With a wealth of lived experience, Karen is deeply committed to guiding others toward enhanced resilience and lasting success.

Special Guest - Damini Awoyiga



Damini Awoyiga (she/her) is a 16-year-old high school student. She is an activist, spoken word poet and Halifax's Youth Poet Laureate. Damini is the founder of Damini Creatives and the Afro-Indigenous Book Club, a book club created to encourage young people to read books written by Black and Indigenous authors and to share the realities and experiences of Black and Indigenous Canadians. Damini was the artist-in-residence for the 2022 Michaelle Jean Foundation's Canadian Black Summit.

She is a youth freelance journalist for CBC's Mainstreet. She is the Vice-Chair of CPA High School's Black Student Association. Damini has enjoyed being a board member of the Nova Scotia Girls Institute for Resource and Learning (NS GIRL). She is also part of the HRM Youth Advisory Council. Damini has received multiple awards including the Queen Elizabeth II Diamond Jubilee Medal. As a spoken word poet for the past six years, Damini loves to write, sing, and perform poems that bring attention to social justice issues.

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