

AIANY WIA Workshop: Mental Health for Women in the Architecture and Design Profession

18 May 2022

Amidst our office transitions and return to hints of normalcy, we have a huge opportunity to reintroduce humanity back into the workplace. Never has there been a more opportune time to prioritize the discussion on mental health and burnout prevention within architecture and design. The AIANY Women in Architecture is pleased to invite **Megan Sanchez**, a certified professional coach of Upswing Health Coaching, to provide a one-hour workshop after our regular Monthly Committee announcements. The session will challenge the notion of self-sacrifice as a prerequisite for success and shed light on the steps we can take for change – first for ourselves as individuals and then for the wellbeing of our organizations.

This special workshop will:

1. Create a supportive, safe space for the AIANY WIA committee to access information, practice, and engage in dialogue on mental health
2. Better understand the shared challenges of women in the industry, particularly as it pertains to burnout
3. Take steps to normalize the mental health conversation within the industry as a whole
4. Share resources to prevent burnout and prioritize wellbeing:
 - Practices and principles that allow women to walk away with tangible next steps
 - ByDesign as a program and community; how to get involved and support colleagues, friends, acquaintances

Date: Wednesday, 18 May 2022

Venue: Hybrid
Center for Architecture
536 LaGuardia Place
6:00 pm – 8:00 pm EST

Speaker:

- **Megan Sanchez** | Founder, UpSwing Health Coaching

Objectives:

- **Storytelling** – The power of sharing openly and honestly, especially when it is uncomfortable. Learn what happened when Megan asked 35 women in AEC to share their personal struggles with burnout.
- **What's Unique (and not-so-unique) About Our Industry** – Understand the factors that cause us to normalize burnout and learn what's possible when we stop ignoring them and start confronting them.
- **Why wasn't I taught *THAT* in design school?** Uncover key research-based principles that play an important role in our mental and physical wellbeing. See how these principles apply specifically to our industry.
- **Community is Key** – Learn how the ByDesign program came to be and why support and accountability are everything if we want to change the future of work.

EVENT RUN OF SHOW

- 6:30 pm – 7:00 pm WIA Monthly Committee Meeting and Announcements
- 7:00 pm – 7:45 pm Workshop Session
- 7:45 pm – 8:00 pm Audience Q & A and Open Discussion | 15-minutes

WORKSHOP SESSION:**1. Introduction**

- Meg shares her story: history in the industry, transition to coaching, and focus on mental health within AEC

2. Women in AEC Burnout Interview Project

- Motivation and structure for story collection
- Key trends that were uncovered from the research
- How do the trends from the research relate to evidence-based practices for mental health
- Highlight 2 or 3 principles: possibly mindful awareness, boundaries, and self-compassion

3. Introduction of 2-3 Practices Named Above

- What it is
- Why it matters in AEC
- How you can begin to practice – get experiential and allow members to practice with a brief exercise
- Outside resources for further exploration

4. Introduction to ByDesign

- Program goals
- Components of program / how it's evolving
- How to get involved

5. Questions & Discussion

SPEAKER BIO:**Megan Sanchez**

Founder, UpSwing Health Coaching

Megan Sanchez is a certified professional coach and the founder of UpSwing Health Coaching, based in Washington, DC. Upon leaving the agency world of brand and environmental graphics, she made it her mission to challenge the grind-crash-repeat mindset of today's workforce. Megan's twelve years in corporate A&D bring a unique understanding of the challenges within a fast-paced, high-pressure work environment while juggling the demands of family and personal life. She coaches men and women individually on mental wellbeing, lifestyle design, and adopting new habits. She is also the founder of ByDesign, a virtual course and community that addresses the unique challenges of burnout and mental health for women in allied fields of the built environment, including design, construction, engineering, and real estate.

Megan is a graduate of the Mastery Coaching Program from the Health Coach Institute and practices cognitive-behavioral coaching based on cutting edge psychology, brain science, intuitive listening, behavior change, and lifestyle design. She continues to contract environmental graphics as an independent designer.

Megan holds a degree from Syracuse University with studies in experiential design and a minor in psychology. She loves both outdoor and urban adventures and has called Washington, DC home for ten years.

CONTACTupswinghealthcoaching.commegan@upswinghealthcoaching.com**BYDESIGN COURSE**upswing-health-coaching.mykajabi.com**SOCIAL**IG: [upswing_hc](#)LinkedIn: [linkedin.com/in/megan-sanchez-8475a924](https://www.linkedin.com/in/megan-sanchez-8475a924)