

Gaslighting and Gender in the Workplace

Corporate Talk

Gaslighting is an emotional abuse tactic wherein the victim is made to doubt their own judgement and feelings. At work, gaslighting combines with subtle (and not-so-subtle!) gender discrimination to undermine women and other underrepresented groups' self-trust and efficacy.

Talk Outline

This talk explores the various structures that support gaslighting, its effects, and the impact it has on women and underrepresented groups at work. It will help employees and managers understand the effects that gaslighting has on themselves, their staff, and their company culture, as well as learn how to combat its insidious influence. We'll cover:

- What gaslighting is & how to spot it
- Societal and workplace structures that support gaslighting
- Gender dynamics that promote gaslighting
- Emotional & practical costs of gaslighting
- What to do if you are being gaslit (or if you're the gaslighter)

The goal of this workshop is to give attendees an understanding of the ways that gaslighting can creep into their workplaces, to demonstrate the practical effects it has on workplace gender balance, and to give them the practical tools to combat it.

About The Speaker



Holly Burton
Leadership Coach for Women in Male-Dominated Industries

Holly is speaker, facilitator, consultant, and coach with expertise in leadership, career development, feminist theory, and the unique mix of issues that make it challenging for women to succeed in STEM fields.

Holly spent the first ten years of her career as a mining engineer in an industry that is only 17% female. She now coaches ambitious women that want to advance their careers and works with companies to develop programs to retain female talent.

Holly speaks regularly at organizations including EA Games, DevOps Days Vancouver, Women in Mining BC, Disrupt HR, The BC Women in Energy Network, UBC Masters of Public Policy & Global Affairs, Women in Tech Week, The Society for Canadian Women in Science and Technology (SCWIST), The Women in Leadership Foundation, and her own Women in Male-Dominated Industries Speaker Series.

Holly can be found online at her [website](#), or via her meetup, [Women in Male-Dominated Industries](#).

The Details

Length: 1 Hour
Format: Lecture-style talk (with Q&A)