



## Session Abstract

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In this session, Schuyler Bailar discusses his experiences being recruited by Harvard and swimming as the first transgender NCAA D1 men's athlete in any sport. He explores the universal tensions of trying to "fit-in" in our media-saturated, caricature-driven culture while trying to live one's authentic self.

Having lived on the margin (woman, Korean American, Gay, Trans) and now often perceived as a privileged elite ("Harvard white guy") Schuyler's inspiring story is filled with unique and insightful perspectives.

Schuyler will engage the group in an energetic conversation in topics ranging from his personal journey coming out trans as a D1 athlete, finding joy in being your best you; the spectrum of masculinity; competing at elite levels as an LGBTQ athlete; empowering youth through social emotional learning; the role of disordered eating, self-harm and therapy in his journey; and activism in our current political landscape.

Session length: 75 – 90 MINUTES, not including optional breakouts

Learning objectives:

**LEVEL 1** To enable attendees to explore the topics and gain familiarity with them from an individual who has lived them intimately.

**LEVEL 2** To provide a foundation for attendees to explore related topics in more detail with specific context and real-world perspective.

**LEVEL 3** To provide context and guidance to related situations where attendees are seeking to expand or improve their effectiveness.

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## Post Session Discussion

**PERSONAL INSIGHTS** What surprised you or changed your perspectives about Schuyler's talk?

**BIASES** How have you seen or experienced misconceptions, personal biases and/or prejudices limit, restrict or modify your behavior or the behavior or rights of others?

**ACTION** What concrete action can you take to create a more inclusive, open and accepting environment for yourself and others?

**REFLECTION** Is there something you want others to know and respect about your journey, your struggles, your perspectives, your dreams?

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