



University of  
**Lethbridge**

**Media Advisory**

For immediate release — Tuesday, March 10, 2026

## **International Women’s Day Leadership Conference Disrupting the Superwoman Narrative**

The University of Lethbridge’s 2026 International Women’s Day Leadership Conference takes place Wednesday, March 11, 2026, celebrating the theme: Disrupting the Superwoman Narrative, Embracing the Power of Rest. The theme centres on how the superwoman archetype is not always empowering but full of hidden expectations, and unseen emotional and mental labour. Speakers will explore how to navigate opportunities, expectations and outcomes as women in leadership and community by staying grounded and authentic, and how rest and self-care are resistance.

From opening (Jully Black) and closing (Dr. Malinda Smith) keynote addresses to networking opportunities, a Wellness Pause and a Leadership Panel celebrating Lethbridge leaders and change makers, the sold-out event offers something for everyone.

**WHAT:** International Women’s Day Leadership Conference

**WHEN:** Wednesday, March 11, 2026, 9 a.m. to 2:30 p.m.

**WHERE:** Science Commons Atrium, University of Lethbridge campus

\*Media are invited to attend at 9 a.m. to speak with Martha Mathurin-Moe, Vice-Provost, Accessibility, Belonging & Community, about the conference, its theme and vision.

For more on the event, visit the [International Women’s Day Leadership Conference web page](#).

-- 30 --

Contact:

Trevor Kenney, Manager of Public Affairs  
403-329-2710  
403-360-7639 (cell)  
[trevor.kenney@uleth.ca](mailto:trevor.kenney@uleth.ca)  
@ULethbridge

*Our University’s Blackfoot name is Iniskim, meaning Sacred Buffalo Stone. The University is located in traditional Blackfoot Confederacy territory. We honour the Blackfoot people and their*

*traditional ways of knowing in caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our University community.*