

DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY

GRAND ROUNDS

VIA MICROSOFT TEAMS/Parker Reception Room

Meeting ID: 268 701 033 53

Passcode: bfEMYV

7:30–8:30AM

DATE

November 12, 2025

SPEAKERS

Shannan Grant, RD, MSc, PhD and Dayna Lee-Baggley, Clinical Psychologist, PhD

(Bios Below)

TITLE

Women in Leadership – Overcoming Obstacles, and Redefining Success

Learning Objectives:

1. Facilitate reflection on the concept of leadership, and its operationalization
2. Analyze and evaluate how gender stereotypes and systemic sexism impact the wants, desires, and behaviours of women in professional settings
3. Emphasize psychology and health science that offers leaders strategies to navigate today's workplace in support of psychological safety
4. Explore techniques to navigate difficult, but necessary conversations, related to women's experiences in the workplace

Abstract/ Summary:

Longstanding Medical, Dental, Scientific & Affiliated Staff (MDSAS) member, Dr. Shannan Grant, and her colleague, collaborator, and friend, Dr. Dayna Lee-Baggley, have co-created an interactive session that melds evidence on organizational psychology, professional studies, women's studies, and interprofessional/ interdisciplinary studies, to engage attendees (all genders welcome) to challenge their beliefs about women in leadership, and to commit to supporting psychological safety. Supported by an MSDAS Leadership Grant, Dr. Grant recently completed *University of Toronto's Rotman School of Management: Women in Leadership: Overcoming Obstacles to Success*, and will share lessons learned from this course, and how it has impacted her, and those who work with her.

No pre-reads necessary. Just bring yourself (and some colleagues)

Dr. Shannan Grant

Shannan Grant is a Registered Dietitian, and former tenured and associate professor in the Department of Applied Human Nutrition, Faculty of Professional Studies, Mount Saint Vincent University (MSVU), where she was a devoted dietetic educator, and scientist for 10-years. A recipient of several awards for her contributions to patient care, communication and education (e.g. The Alumni Early Career Teaching Award [2021], Diabetes Canada Canadian Diabetes in Pregnancy Study Group Award of Excellence [2020]), Shannan's research has been cited in and applied in several national and international nutrition, foods, and wellness programs. Shannan is a passionate believer that education activities inform research and practice and vice versa.

Shannan's most recent roles include Affiliate Scientist at IWK, and Registered Clinical Dietitian, at Nova Scotia Health. She has maintained her affiliation with MSVU through her collaborations and relationships with the Department of Women's Studies, continuing to work with The Alexa McDonough Institute for Women, Gender and Social Justice, and as Co-Editor of a Special Edition of the *Atlantis: Critical Studies in Gender, Culture & Social Justice*, on women's health and wellness, due to be published in the new year (2026).



Dr. Dayna Lee-Baggley

Dr. Dayna Lee-Baggley is a Registered Psychologist with two decades of professional experience in clinical psychology, health psychology, and organizational psychology. She worked for almost 15 years in multidisciplinary teams on medical, surgical and cancer care hospital units with patients with chronic and life-threatening health conditions. She is an internationally recognized expert in behaviour change. She conducts innovative research at Dalhousie and Saint Mary's University, with 60 peer-reviewed publications and over 155 scholarly presentations. She is the author of "Healthy Habits Suck: How to get off the couch and live a healthy life even if you don't want to".

