

# *Leading Fat Studies Scholar Dr. Cat Pausé is coming to Europe!*

Cat Pausé is the lead editor of *Queering Fat Embodiment* (Ashgate). A Fat Studies Researcher at Massey University (New Zealand), her research focuses on the effects of spoiled identities on the health and well-being of fat individuals.



Her work appears in scholarly journals such as *Fat Studies*, *Feminist Review*, and *Narrative Inquiries in Bioethics*, as well as online in *The Conversation* and *Inside Higher Education*.

She hosted *Fat Studies: Reflective Intersections* in 2012 and *Fat Studies: Identity, Agency, Embodiment* in 2016.

Cat embraces sociable scholarship, showcasing her work on Twitter, Tumblr, Facebook, YouTube and her blog, *Friend of Marilyn*. Her fat positive radio show/podcast is travelling the world to celebrate being on air over 5 yrs.

**SHE WILL BE BASED IN MUNICH FROM JULY 2017 - JAN 2018, AND IS AVAILABLE FOR SEMINARS & WORKSHOPS.<sup>1</sup>**

## *Book her today!*

# Seminar: *Not your good fatty*<sup>2</sup>

A good citizen of the 21st century is one who accepts responsibility for their own personal health, well-being, and success. Individuals who require structural support, or refuse to (re)produce white, cis, able-bodied, and heteronormative systems threaten the status quo and face marginalisation.

Fat people, for example, are viewed as irresponsible citizens. They consume too many resources and fail to uphold the new social contract (the moral obligation to be healthy). In modern neoliberal contexts, this results in hostile environments and the development of spoiled identities (stigmatised identities in which the bearer is held responsible for the stigma).

Individuals in the Fatosphere, an online community of people who have come out as fat, are engaging in anti-assimilationist activism. They queer fat embodiment, disrupting the normative obesity discourse and rejecting the demands of the neoliberal system. They are defiant resisters, performing their fatness in inappropriate ways. They are, in short, doing fatness wrong.

This seminar explores ways that fat studies scholars and fat activists use Web 2.0 tools to come out as fat, transforming online spaces into spaces of oppositional fat politics.

See: Pausé, C. J. (2015). Rebel heart: Performing fatness wrong online. *M/C*, 18(3).  
Cat Pausé: Fat activist on Radio New Zealand in 2016



# Seminar: *Fat pedagogies in practice*

In every classroom, norms and attitudes about bodies are (re)produced through both classroom dynamics (educator-student, student-student, student-educator) and the treatment of bodies within the subject material. Our bodies, and our students' bodies, play important roles in teaching and learning. Educators interested in issues of social justice must allow body size to have a place beside the commitment to issues of gender, race, ability, sexual orientation, etc. In this seminar, I explore ways that educators may include consideration of fat politics into the classroom. I present strategies for incorporating critical pedagogies of the body into tertiary teaching with a focus on using social media as a social justice tool.

See: Pausé, C. J. (2016). Promise to try: Teaching fat pedagogies in tertiary education. In E. Carter & C. Russell (Eds.), *Fat pedagogy reader: Challenging weight-based oppression in education* (pp. 53-60), Peter Lang Publishers.  
Pausé, C. J. (2015, 2 October). Interest grows in Fat Studies university course. *Stuff.co.nz*



# Workshop: Developing your research agenda through publication

Many early and mid career academics struggle to develop a cohesive research agenda; many struggle to publish regularly and satisfy external review criteria.

This workshop considers the perceived barriers to publishing and establishing a research platform; we also reflect on how your scholarship weaves together through time. We will construct a manuscript tracker to facilitate research agenda development and regular publication.

RECOMMENDED: 1 - 1.5 HOURS

# Workshop: Body politics, ethics and you<sup>3</sup>



That we live in a thin world has been asserted by Fat Studies scholars and fat activists for decades. Slim bodies are constructed as moral beings: as disciplined, active, attractive, and successful; fat bodies are constructed as immoral beings: as undisciplined, lazy, disgusting, and undesirable.

The anti-fat attitudes that result from these beliefs influence the everyday lives of individuals of all sizes, including within the home, the classroom, and the workplace. The aim of the workshop is to unpack anti-fat bias and fat stigma, and allow for participants to engage in a weight neutral, or fat positive, manner.

This workshop explores the role of fat activism in (your profession). We will unpack the concepts of body autonomy and fat stigma, and consider how they are related to roles and responsibilities of (your profession).

RECOMMENDED: 1- 1.5 HOURS

See: Lee, J. A. & Pausé, C. J. (2016). Stigma in practice: Barriers to health for fat women. *Frontiers in Psychology*, 7, 2063.  
Pausé, C. J. (2012, April 5). On the epistemology of fatness. *Friend of Marilyn*.

# Workshop: Media training

This workshop is an exciting opportunity to participate in a communication skills workshop, assisting scholars in developing media strategies for interaction with print, audio, & visual media.



We will consider ways to create media opportunities for your research, practice developing dynamic messages, and review tips and tricks for interacting with media.

A series of activities will help foster confidence in engaging in media interviews, and a panel of scholars<sup>4</sup> practiced in media appearances will share their experiences and answer your questions.

RECOMMENDED: 3 - 5 HOURS

# Workshop: Using social media to promote your research

This BYOD (bring your own device) workshop will explore ways that scholars may promote their work using social media. Web 2.0 tools allow for academics to engage with a much wider audience, and build their research platform, through the use of Twitter, Tumblr, blogs, discussion forums, etc. In this session, we explore the use of social media in academic dissemination, collaboration, and branding and identify the best venue for your work.

RECOMMENDED: 1 - 1.5 HOURS

See: Pausé, C. J. & Russell, D. (2016). Sociable scholarship: The use of social media in the 21st century academy. *Journal of Applied Social Theory*, 1(1), 5-25.

Pausé, C. J (2014, 14 October). Queering scholarship: Creating our own spaces in academia. Conditionally Accepted.

# Workshop: Podcasting for academics

Many scholars are choosing to share their scholarship via social media; podcasting is one of those mediums. This workshop will consider the conceptual and technical issues to keep in mind when considering the production of a podcast. Tips and tricks will be shared from Cat's successful podcast, *Friend of Marilyn*, which has aired over 200 episodes across the last six years.

RECOMMENDED: 1 - 1.5 HOURS

See: Heaton, T. 2016, (March 17). Fat positive activist taking message across the world. *Stuff.co.nz*



1. Associated costs are the responsibility of the institution  
2 All titles are negotiable

3 Also available as a seminar  
4. Assistance in identifying appropriate panel guests on each campus will be required