

Part of #AsianHeritageWeek

**Asian Female: Not here
to be pretty, quiet, or good.**



**Reimagining our power and pleasure
with relationship and intimacy coach
and our **TEDx** speaker Susie Kim**

Here's what people wrote to 2 questions we asked

How does your culture define an 'ideal' Asian girl / woman?

Avoid conflicts

Quiet, intelligent, capable

Independent thinker, educated, driven

Often man is more powerful than woman

Good wife and mum, have a stable corporate job

Someone who's submissive, and who will just be a homemaker

Nice, well-dressed, driven, working mother, obedient daughter, happy and respectful.

An 'ideal' Vietnamese woman is traditionally perceived to be doing everything towards being a good wife, good mother, good housekeeper, which means being obedient, caring, and devoted. Sounds quite OCD :-)

What is your ONE WISH for Asian girls / women?

To talk about feelings

To feel seen, heard and understood.

To “be good”, but yet not “too good”

To be confident saying "I'm GOOD enough"

To be more empowered and confident

To be given a platform to become who they want to be

*My old traditional Asian culture inheritance might not serve my needs anymore.
Even though I might not agree with it but I still respect the people who wants to follow it*

SUMMARY OF OUR SESSION

Quick recap

- We discussed the Asian Australian experience, particularly the challenges faced by Asian women in Australia.
- Participants shared personal stories and perspectives on topics such as cultural expectations, workplace discrimination, and emotional expression.
- We are curating the first 28 TED speakers and performances for [TEDxPowerSt ARISE events](#) in 2025 to explore, celebrate, and highlight diverse Asian Australian voices, perspectives, and experiences. It's 100% Community-created and -curate so we invite you to be a part of our movement and initiative.

Asian Australian Identity and Heritage

- He acknowledged Indigenous Australian and Asian Australian heritages, emphasizing the long history of Indigenous Australians and the diverse contributions of Asian immigrants.
- Dave provided an overview highlighting the dual influence of internal Asian cultural expectations and external societal expectations in Australia.
- Dave also introduced The Arise Initiative, which aims to support Asian Australians in finding their identity and voice in a majority culture, with the goal of creating a platform for diverse perspectives and fostering community connections.

Experiences of Asian Female Professionals

- The session focused on discussing the topic of being Asian and female, with participants sharing their perspectives and experiences.
- The conversation aimed to explore the complexities and challenges faced by Asian women, with an emphasis on encouraging open dialogue among the group.
- The group discussed experiences of being Asian and female, sharing personal stories about workplace expectations and societal pressures.
- J. described growing up in Australia facing racism and observing stereotypes about Asian women's roles, while Susie shared her experience as a young Asian lawyer needing to assert confidence to be heard in court.
- L. and A. discussed workplace challenges, including the pressure to prove themselves and the difficulty of balancing work and caregiving responsibilities, with L. noting that supportive company culture can make a significant difference.

Challenges Faced by Asian Women

- The group discussed cultural and societal differences between Asian and other women, with Susie noting similarities between Asian and some African women in their shared immigrant experiences and family expectations.
- They explored how Asian women often face societal dismissals of their voices and experiences, with Susie and others sharing personal anecdotes about being overlooked in various settings.
- A. shared her experience as the only Asian woman in her company, noting that while her bosses were respectful, there was still a clear pattern of 'white' employees being prioritized in company Q&A sessions.

Racial and Cultural Experiences Shared

- J. shared his experiences of racism in Australia, particularly in regional areas and Melbourne, where he encountered both overt and subtle discrimination. He described how unspoken racial biases often emerged when people were drunk or in informal settings.
- Susie then shared her personal journey, discussing how she grew up in a strict Korean family and struggled with an eating disorder before finding healing through group therapy and Neotantra, which helped her reconnect with her emotions and desires.

Challenges of Asian Emotional Expression

- Susie discussed the challenges Asian women face in expressing emotions and finding their voice, both within their cultural background and in Australian society. She emphasized the importance of emotional awareness and self-expression for Asian women, highlighting how cultural expectations can lead to suppression of emotions and over-investment in career success at the expense of personal fulfillment.

- The group shared personal experiences, with L. and A. agreeing on the pressure to prioritize others' needs over self-care, while S. noted a shift in expectations as she adapted to a different cultural environment.
- Dave pointed out the diversity within Asian cultures and the need to avoid generalizations, while Susie concluded by noting the lack of body-centered emotional expression in many Asian communities.

Embodiment Techniques in Coaching

- Susie shared her approach to helping people become more aware of their deeper selves through techniques involving breath, movement, and intention, emphasizing the importance of processing intense emotions.
- She explained that her clients often come to her for specific issues but are drawn to her unique approach, which she uses in various forms of coaching.
- Dave inquired about the terminology for this method, and Susie mentioned terms like "embodiment" and "embodied cognition."
- The conversation concluded with Susie and Dave discussing the success of the event and plans for future in-person speaker events.

Intersectionality in Australian Conversations

- Dave and Susie discussed the challenges of addressing intersectional issues, particularly being Asian and female in Australia.
- They explored how conversations often reveal deeper concerns than initially anticipated and the importance of creating safe spaces for people to share their experiences.
- They also touched on the need for conscious efforts to ensure diverse voices are heard, especially in male-dominated settings.

**Join our TEDx ARISE events with your email
100% community-created by Asian-Australians.
We're curating our pioneer 28 speakers and performances
<https://www.ideasworthdoing.org/TEDx-ARISE>**