



International Women's Day 2022

#BreakTheBias

Women are experts at multitasking; meeting work deadlines on time, caring for their family, managing household and finances, tutoring children, donning a doctor's hat when a family member is sick, and much more.

Here is a chance to show them that we care for their wellness. Here are our curated workshops!



PoSH

- PoSH @ work
- Domestic Violence
- Work Ethics
- Gender sensitization
- Awareness Program

PoSH - Prevention of Sexual Harassment act at workplace



DnI

- Manage unconscious bias
- Gender Diversity @ Work

DnI - Diversity and Inclusion



Fitness

- Fitness essentials for women
- Nutrition & Fitness
- Zumba for Women
- Self Defense



Wellness

- Reclaim Yourself
- Work-life balance
- Networking
- Brand Yourself
- Gynaec tips
- Laughter Therapy
- Financial Tips
- Psychodrama
- Art based sessions

DO NOT MISS OUT ON OUR CURATED WORKSHOPS

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