

# INTERNATIONAL WOMEN'S DAY 2024

## Inspire Inclusion



## Workshop Categories



### Power Series workshop

- Growth mindset
- Networking skills
- Financial wellness
- Building Leadership skills
- Brand oneself...
- Lady, Let's Conquer together!
- Woman of Steel



### Diversity, Equity, Inclusion (DEI) workshops

- Inspire Inclusion - Nurturing Gender Diversity
- Managing Unconscious bias
- Importance of Gender Diversity @ Work
- Redefining Gender Roles in the Workplace



### Fitness Sessions

- Fitness essentials for women
- Ergonomics
- Healthy eating practices
- Asanas for Reproductive health
- Laughter Therapy...



### Women's Health and Well-being

- Corporate Mindfulness
- Stress management
- Work-life Balance
- Mindful parenting
- Gyneac tips...

Plan your sessions for Women 's day  
NOW!

Contact us

