



## What does IWD mean to me?

WOMEN EMPOWERMENT, WOMEN IN LEADERSHIP, GENDER EQUALITY

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**International Women's Day (IWD) is only one day of the year, it provide an opportunity for us to reflect on:**

- How we support other women
- How our workplace creates an opportunity for women
- How do I make an effort to support women, in personal and professional environments.

Making a change or focus for one day, doesn't fix the challenge of equality and the embracing of diversity in the workplace. A morning tea and speaker makes everyone feel good, but what are companies doing to really embrace women support women and empower women to be who they are.

There are many things in life we can't control, which to a control freak like me that is very frustrating.

However, **we can control our own behaviour**, how we make others feel and where we spend our time.

I have female mentors early in my career at [Andersen, EY, Telstra](#) that provided me opportunities, supported me and make me feel like I had the opportunity to progress, develop and I had a support network beside me. I also had a couple of great male mentors, that still help me to this day to guide, challenge and encourage me, when I need it most.

Whatever gender, what profession and whatever is going on in your personal life, **you are worthy, you are amazing and you can be whatever you want to be**. Pick your priorities, pick where you spend your time and ensure that you embrace and enjoy life, it's short and it goes damn quickly.

[International Women's day](#) is just another day. It's good opportunity to reflect and challenge how you contribute to others happiness, where you put your energy and if you give back, from what others have done for you?

[Happy International Women's Day](#) for the 8th March 23, smile, be kind, be you and remember every day of the year, it's your day to shine. **Take the time to say thanks to the people** that have supported you and consider how you give back in personal and professional life, to continue to support and raise women up.

If we can help you, reach out for a no obligation chat to [Jo Hands](#) on 0459826221, or [jo.hands@whiteark.com.au](mailto:jo.hands@whiteark.com.au)