

Dear TWF friends



### Support, Kindness & Well-being

*"I think that's when we're at our best, when we support each other, not when we cancel each other out for past mistakes but when we help each other to grow, when we educate each other, when we guide each other toward redemption."* - Joaquin Phoenix, American actor

It's an unsettling time in Hong Kong. The Novel Coronavirus outbreak has caused fear and anxiety and many residents will be reminded of the collective trauma that SARS provoked in 2003. TWF's priority over the last few weeks has been the physical and mental health of our team, our programme participants and the community.

We have postponed, adjusted to virtual or cancelled many of our events in light of the current situation but remain unwavering in our commitment to forge ahead with ground breaking work to advance the women and girls of Hong Kong and aim to reschedule our events as soon as appropriate.

We are using creative ways, both established and new, to keep connected to colleagues, accomplish our work and stay positive. Our team is keeping updated with reliable sources of news and information, such as the [World Health Organisation](#) (WHO) and the [Centre for Health Protection](#) to protect ourselves. In addition to following this advice, we are each committing to a daily 20 minute pause to focus on our well-being. We find that meditation, exercise, yoga, journaling, a simple walk or a chat with a colleague or friend helps us to stay positive. Most of all, checking in with each other regularly has been immensely beneficial. Alongside the idea of self-care, we aim to practice [communal care](#) and look after those around us, especially those in need.

While many are now well versed in basic infection control procedures, protecting our mental health is just as important, but given less airtime. This useful [booklet](#) from Mind HK offers effective strategies and sources of help, to prevent social isolation, anxiety or other issues becoming a problem. A handy resource for employers is this [infographic](#) on employee well-being from our friends at Community Business.

A time of crisis is a time to show kindness and understanding. [Hands On Hong Kong's](#) opportunities for donating [emergency supplies](#) offers a way for you to show support to communities in need. This [list](#) from The Loop HK highlights other deserving charities, all of whom would benefit from your support at the moment.

We know that Hong Kong is resilient. We know we can overcome any challenge when we, as individuals, join together to support each other and harness our collective strength and resourcefulness with optimism for a brighter future.

How are you supporting Hong Kong and taking care of your well-being during this difficult period? Share your tips or resources with us. Get in touch at [Fiona.Nott@twfhk.org](mailto:Fiona.Nott@twfhk.org).

## UPCOMING EVENT



### Reschedule: International Women's Day Lunch 2020

In light of the outbreak of the novel coronavirus and after careful consideration, we have decided to reschedule our annual International Women's Day Lunch on 2 March 2020.

The health and safety of our guests remains our first priority. Our team is making every effort to find a suitable alternative date for the Lunch, tentatively set for May.

We are committed to working together to create a gender equal Hong Kong. We look forward to reaffirming this commitment and celebrating the achievements of women with all of you at a later date. More details coming soon.

For any queries, please email Virginia.Li@twfhk.org or call 2581 1153.

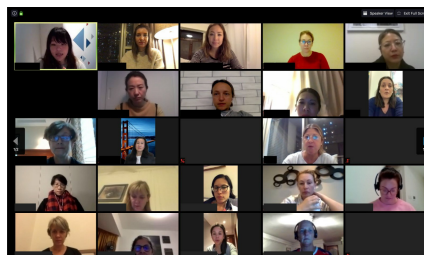
## TWF PROGRAMME UPDATES

### STEM Education and e-Learning Lesson Plan Award Scheme

TWF has received positive feedback from teachers for the Award Scheme. We are now asking everyone to vote for the **"Award for Lesson Plan with the Most Facebook Likes"** (with the most likes on the GGT TWF Facebook album) and **"Award for the Most Popular Lesson Plan"** (with the highest number of downloads on the Girls Go Tech platform)! Visit our Girl Go Tech Facebook album ["STEM Education and e-Learning Lesson Plan Award Scheme"](#) and [Girls Go Tech online platform "Teacher Corner"](#) to cast your vote now!

Deadline: 11:59pm, February 23, 2020

A huge thanks to all the supporting partners and teachers for sharing their teaching experience and resources!



### Mentoring Programme Goes Digital!

In light of the current situation in Hong Kong, our Mentoring Programme has ventured into the digital space!

On February 4 and 6, we hosted our first ever Zoom peer-to-peer check-in sessions for our mentors and protégés to come together and share best practice on their mentoring experiences. Thanks to our Advisory Council members for facilitating!

We also conducted a virtual Leadership session on February 11 on coaching skills for mentors. Participants gained practical tips on how to blend the two approaches in real-life challenges. Many thanks to Carole Lewis for leading an amazing session!

## OPENINGS AT TWF

### Communications & Programme Officer Opening

TWF is seeking a full-time Communications and Programme Officer to join its dynamic team. This is an exciting opportunity to help amplify TWF's voice in the community and contribute to a range of programmes making an impact in the lives of men and women across Hong Kong. Applications should be received by February 21, 2020.

[Apply Now!](#)

### Pipeline Initiatives Officer Opening

TWF is seeking a full-time Pipeline Initiatives Officer to support our exciting range of programmes for advancing women leaders including TWF's signature Mentoring Programme, 30% Club/Women in Leadership related initiatives. The position would suit a recent graduate who is energetic, personable, communicative, highly organised and passionate about women's and gender issues. Applications should be received by March

### Development Team Volunteers Wanted!

TWF is seeking volunteers to assist on development projects. Please email Marielle Sas at [marielle.sas@twfhk.org](mailto:marielle.sas@twfhk.org) to apply.

## WHAT WE'RE READING

### Gender Equality

- [Stop Blaming History for Your All-White, All-Male Movie](#) (NY Times)
- [Devoted to discovery: seven women scientists who have shaped our world](#) (UN Women)
- [The eco gender gap: why is saving the planet seen as women's work?](#) (Guardian)
- [Young Men Embrace Gender Equality, but They Still Don't Vacuum](#) (NY Times)
- [Is Menopause a Taboo in Your Organization?](#) (HBR)
- [Finland's Women-Led Government Has Equalized Family Leave: 7 Months For Each Parent](#) (NPR)
- [New Literary Prize Will Award Over \\$100,000 to a Female Novelist](#) (NY Times)

### Sexual Violence & Harassment

- [Harvey Weinstein's lawyer and the saddest defence of sexual assault I've ever read](#) (SMH)
- [Figure skating-French sports minister urges abuse victims to speak up](#) (Reuters)

### Masculinity

- [Raheem Sterling Weighs In on Masculinity in Sports for Gillette](#) (Muse)

### Board Diversity

- [Top UK groups reach board gender target but smaller companies trail](#) (FT)

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