

Dear TWF friends



Marking Challenges, Making Changes

"What I see everywhere in the world are ordinary people willing to confront despair, power, and incalculable odds in order to restore some semblance of grace, justice, and beauty to this world." Paul Hawken, American Environmentalist

Whether you are still working remotely or transitioning back to the office full time, we hope everyone is taking good care of their physical and mental well-being, and are supporting and sharing best practices to family, friends and colleagues across the globe as they newly grapple with the COVID-19 pandemic. We have added a **TWF Care Pack** section to our newsletter that provides ideas and resources to cope with the continued disruptions and added pressure.

Whilst we have been grappling with the challenges of COVID-19, there have also been significant happenings for women and girls around the globe in the last few months. Below are key highlights you may have missed:

Proposed Legislation for Women & Girls in HK: We are hopeful three bills currently being discussed in LegCo will be passed in the next few months that will strengthen protections for women and girls: **1.** a bill that would make it illegal to harass or discriminate against women for breastfeeding, **2.** the long awaited extension of maternity leave and **3.** increased measures to combat sexual harassment.

[Read More](#)

UPCOMING EVENT



Reschedule: International Women's Day Lunch 2020

Please join us for TWF's International Women's Day Lunch on **June 11, 2020**, at the Conrad Hong Kong, sponsored by Swire Group and Swire Properties, as we reaffirm our commitment to build a gender-balanced world.

This year's theme will focus on **Designing Equality**, featuring our panel of inspiring female voices, including; Marisa Yiu | DESIGN TRUST and Natasha Usher | nude design. The panel will explore the interaction of gender and design in private, public and commercial spaces and discuss challenges and celebrate achievements of women in the Hong Kong design world.

International Women's Day may officially be coming to an end, but its spirit can continue all year.

Early Bird pricing is available until Friday, March 27, 2020! For table/corporate sponsorship opportunities, please directly contact Virginia.Li@twfhk.org. Individual

tickets can be purchased [here](#).

TWF PROGRAMME UPDATES



School Invitation to Join GGT Programme

To promote more girls' interest in STEM, Girls Go Tech Programme 2020 is now open to secondary schools that are serving some students from deprived backgrounds. Participants can expand their coding skills and knowledge through self-learning online courses on the Programme's [online platform](#) and in-person, technology focused learning activities. Through these experiences, participants gain an understanding of the myriad ways STEM is used in business and the community.

For schools who are interested in joining the Programme, please contact Carmen Cheung at 2592-4306 or community@twfhk.org for more details.

Mentoring Programme - Mindfulness

Last week, our mentors and protégés participated in a virtual Mindfulness session facilitated by MaryAnn Voli | Potential Project to learn techniques to build a calm, clear and focused mind as well as develop self compassion and self kindness. Huge thanks to MaryAnn for facilitating the session on a topic that is very much needed during these unsettling times in Hong Kong!



Reverse Mentoring Launch

Last night we launched our Reverse Mentoring second pilot on Zoom. We are incredibly excited to see how bringing protégé graduates from our Mentoring Programme for Women Leaders together with Male Allies as mentors and mentees respectively will impact our work in Hong Kong. Thank you to a great group and to Cathay Pacific's support in making this happen!

TWF CARE PACK – HELPING YOU NAVIGATE COVID-19

We hope to update this pack with new suggestions each week! If you have any recommendations, please send them to Jenny.Bate@twfhk.org

• Work from Home Tips

- [ADHD Brains Working at Home: A Beginner's Guide to Telecommuting](#) (ADDitude)
- [Working from home because of COVID-19? Here are 10 ways to spend your time](#) (Science Magazine)
- [Working from home amid coronavirus crisis? Stay sane by adding structure to your day, taking regular breaks, and setting yourself some new goals](#) (SCMP)

• Mental Health

- [Coronavirus: How to protect your mental health](#) (BBC)
- [How to prevent feeling totally isolated in the time of social distancing](#) (Washington Post)
- [Managing our Mental Health & Staying Well During a Virus Outbreak](#) (Mind HK)

• Meditation & Mindfulness

- [How Mindfulness Can Help You Navigate the Coronavirus Panic](#) (mindful)
- [21 Day Meditation](#) (Chopra Center)
- [What COVID-19 Can Teach Us About Mindfulness](#) (Psychology Today)
- [Meditation Made Simple: 5 Practices To Try At Home](#) (Sassy)

• Activities

- [A beginners guide to starting your home fitness journey](#) (The Body Coach)
- [From yoga to CrossFit: the 10 best online home workouts](#) (Guardian)
- [Immunity Boosting Recipes](#) (Mind Body Green)
- [Food and recipes to boost immunity against flu, coronavirus](#) (SCMP)
- [In Coronavirus Quarantine? You Can Virtually Tour These Museums From Home](#)

(Forbes)
[500 Free Online Courses From Ivy League Schools That Will Make You Smarter](#) (and Less Stir Crazy) (Inc)

- **General Health Information**
[World Health Organisation](#)
[Centre for Health Protection](#)

SUPPORT TWF!

Shop with SENREVE to Support TWF

TWF is pleased to partner with female-founded luxury handbag brand SENREVE's Women's Month campaign. Shop online anytime in the month of March using code **TWF2020** to receive a complimentary Card Wallet gift with purchase – and 8% of the sales will be donated to TWF's programmes and initiatives to support women and girls in HK! Their bags are available for sale online via www.senreve.com



IN THE COMMUNITY



Join #WikiGap for Gender Equality

The Consulate General of Sweden in Hong Kong invites you to participate in this year's #WikiGap event. #WikiGap is a worldwide event in which people around the world gather to add more content to Wikipedia about women in various fields.

[More details here](#)

OPENING AT TWF

Programme Officer Opening

TWF is seeking a full-time Programme 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 join our dynamic Pipeline Initiatives team and 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 27, 2020 (Early Application is encouraged).

[Apply Now!](#)

WHAT WE'RE READING

Gender Equality

- [Asia leads world in women breaking into the Old Boys' Club of portfolio management – but progress is stubbornly slow](#) (SCMP)
- [Internet 'is not working for women and girls', says Berners-Lee](#) (Guardian)
- [When surgery becomes 'women's work': the devaluation of gynecologic specialties](#) (STAT)
- [Home Is Not A Safe Place For Everyone](#) (HuffPost)
- [7 sportswomen to follow on Instagram ahead of the Tokyo Olympics](#) (Vogue)
- [Three women go head to head in race for Paris mayor](#) (FT)
- [The 1990s, decade that failed women – ask Monica Lewinsky – and why they are still paying for lost promise of 'girl power'](#) (SCMP)
- [Women's domestic burden just got heavier with the coronavirus](#) (Guardian)

Sexual Violence & Harassment

- [What Harvey Weinstein's conviction can teach us about harassment at work](#) (HumanResources)
- [Upskirting to cyber-flashing: lawmakers face calls to punish digital sex abuse](#) (Reuters)

Masculinity

- [Sex, porn and toxic masculinity: the struggle to bring up better boys](#) (Guardian)
- [UN Chief Condemns Male Privilege as Many Nations Defy Such Bashing](#) (PassBlue)

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