

Dear TWF friends



Embracing Limits

"We have to protect our minds and our bodies and not just go out and do what the world wants us to do" - Simone Biles, US gymnast

With tens of millions of people around the globe tuning into the Tokyo 2020 Olympics to watch the world's most talented sports people, it is difficult to fathom the immense pressure faced by the athletes competing.

For those sports people who are favoured going into the games, the challenge is even greater. Research has shown that world champion athletes who have won major international competitions subsequently experience far greater demands, and two thirds of these sports people will never go on to win again. For black female athletes, media scrutiny only compounds these pressures.

Simone Biles, the US gymnast widely touted as the greatest of all time, was always going to make headlines out of these Games. She went into the competition as the runaway favourite to win the all-around title. On Tuesday last week headlines were made, but not as anticipated: she withdrew from the finals citing mental health reasons.

[Read More](#)

UPCOMING EVENT



Gala Dinner 2021 - Save The Date

We're excited to announce that our Gala Dinner 2021, sponsored by Bloomberg, will take place on Thursday, November 4. We invite you to join us virtually or in person. Details to follow! For sponsorship opportunities, please contact us at development@twfhk.org.

Supporting New Mothers at Work

Join TWF and the Equal Opportunities Commission (EOC) as we explore challenges and best practice in building a work environment that supports new mothers. The EOC will provide an overview of new protections for breastfeeding mothers from discrimination and harassment under the Sex Discrimination Ordinance. This will be followed by a panel discussion that contextualises these new measures within overall employer best practice around supporting new mothers in the workplace, as well as the health benefits of breastfeeding and the benefits to employers on supporting breastfeeding mothers in Hong Kong.



August 24, 2021

[Register here!](#)

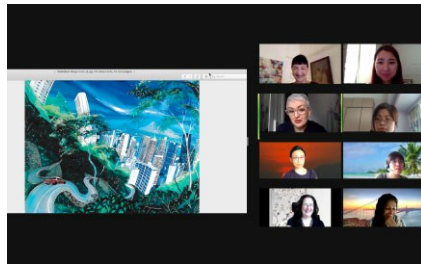
PROGRAMME UPDATES

Mentoring Programme Info Sessions - Last Chance to Attend!

This July, TWF will launch the 13th year of our highly acclaimed Mentoring Programme for Women Leaders. Every year, this best in class programme matches 50 high potential, aspiring female leaders with 50 successful, senior executive women. All interested applicants **MUST** attend an Information Session to find out more about the Programme curriculum, the commitment required, and the selection and pairing process.

Attendance at one session is a compulsory component of the application process. Our last info session is August 6 so please register now if you are interested!

[Sign up here](#)

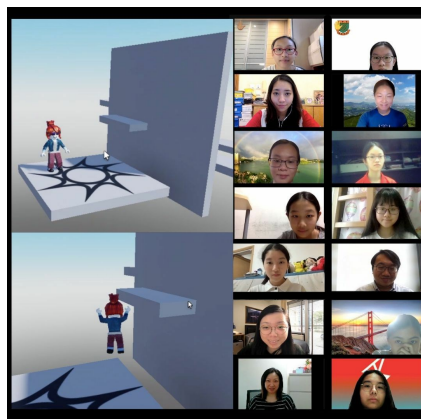


Mentoring Programme: Strategic Storytelling and Confident Communications

From March through July 2021, our Mentoring Participants participated in a series of five workshops on Strategic Storytelling and Confident Communications led by Teresa Norton. The workshops helped participants cultivate an authentic, impactful narrative communication style to inform, influence and explore their unique point of view by combining theatre tools and techniques to construct and present their stories. Thank you very much Teresa for sharing your expertise and insights.

Girls Go Tech Hackathon 2021 Coding Competition Workshop

On July 24, over 60 GGT participants and 21 Bloomberg volunteers joined the GGT Hackathon Training Workshop, co-organised by Bloomberg. The volunteers met with 16 teams for an interactive icebreaker and will play a critical role in supporting the teams to develop a project to improve financial literacy among children or teens. A big thank you to all the guest speakers, Lynn Ma and Pam Poon from Accenture and Tony Cheung from the Hong Kong Family Welfare Society, for enriching participants' presentation skills and financial knowledge. A heartfelt thank you to Bloomberg and their passionate volunteers!



Girls Go Tech Coding Skills Online Workshop

On July 26, GGT participants took part in a Roblox game programming workshop to learn coding and build a game world in Roblox Studio. They used programme language Lua to create their own virtual obstacle course and uploaded it onto an online platform to share with their friends. Huge thanks to Hillman Tam from Octopus InfoTech Limited for leading the workshop.



TWF Speaks on Retaining Female Workforce Panel

TWF Senior Communications and Marketing Manager Inti Tam participated in a panel discussion entitled "Retaining Female Workforce", hosted by JCI Hong Kong Jayceettes. She spoke alongside Ho Kai Ming | Labour and Welfare Bureau, Maggie Tam | Facebook, Ricky Cheung | Rosewood Hotel Group, Charlene Low | Quotingo, moderated by Lena Wong | Womentors. This cross sectors panel discussed issues that women face in the workplace and ways to support them in building a sustainable career.

TWF Supports HSBC Life New Survey

Continuing our focus on issues at the intersection of gender and eldercare, TWF was pleased to support HSBC Life's new survey to understand people's needs in preparing for older age, which was also supported by the Sau Po Centre for Ageing at the University of Hong Kong.

Read the full report [here](#)

Read the news coverage by SCMP [here](#)

Breaking the mould of ageing

Productive ageing in Hong Kong

Hong Kong has the world's longest life expectancy. In 2019, the average life span was 82.4 years for men and 88.2 years for women. How will people spend these additional golden years? Will Hong Kong's elderly be able to live their lives with dignity and self-respect? The Economist Intelligence Unit, sponsored by HSBC Life, conducted a consumer survey in June 2021 on the state of "productive ageing" in Hong Kong and people's preparedness for the challenges of and opportunities in life after work.

The old helping the young – continuing the contribution

"Children are duty-bound to support their parents in their old age" – this long-standing cultural norm is no longer a reality. Older people are often still supporting their children and/or grandchildren, by saving them rent, or by providing them money for higher education or the down payment of a home. And sometimes by taking care of their grandchildren while their children work.



OPENINGS AT TWF

We Are Hiring!

TWF has several vacancies for interested individuals to apply to join its rapidly growing and dynamic team. Find out more [here](#).

WHAT WE'RE READING

Gender Equality

- [German gymnasts are wearing unitards to stand against 'sexualization.'](#) (NYT)
- [Gender disparities still vex Tokyo Olympic Games](#) (BBC)
- [China's working mothers struggle with career setbacks and discrimination, finding 'balance is a false premise'](#) (SCMP)
- [Fewer women than men will regain employment during the COVID-19 recovery says ILO](#) (ILO)
- [Will men dominate the office? We can't risk a Hybrid Work Gender Gap](#) (Women's Agenda)
- [This is how the US female workforce has been affected by COVID-19](#) (WEF)
- [Women participate less at conferences, even if gender-balanced – study](#) (Guardian)
- [Coronavirus child brides: Bangladesh teens forced into marriage during pandemic downturn](#) (SCMP)

Sexual Violence & Harassment

- [Two men arrested over upskirt photos website](#) (RTHK)
- [China's #MeToo movement picks up again after Kris Wu scandal with two academics accused of sexual harassment](#) (SCMP)
- [Cuomo urged to resign after probe finds he harassed 11 women](#) (AP)
- [Supported by UN Women, police forces are becoming more responsive to survivors of violence](#) (WEF)
- [Two-thirds of women in UK military report bullying and sexual abuse](#) (Guardian)
- [How women migrants in Thailand are stopping trafficking and gender-based violence in their communities](#) (UN Women)

Board Diversity

- [Gender equality improves in UK music industry boardrooms](#) (Guardian)

9A Chun Wo Commercial Centre, 23-29 Wing Wo Street, Sheung Wan

info@twfhk.org twfhk.org 25928265

You received this e-mail because you subscribed to The Women's Foundation newsletter. To unsubscribe, please [click here](#).