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## Curating Culture, Inspiring Change



Dear TWF Friends,

In a few weeks' time, we'll be celebrating International Women's Day 2024 with women and gender equality champions across the globe under the theme of Inspiring Inclusion.

Inclusion is about ensuring that all voices are heard, valued, and able to influence decision-making processes and our society as a whole. From discrimination and sexual violence to economic participation and reproductive health taboos, it is clear there are many structural and systemic issues to address before women, girls and gender diverse individuals are able to be fully and equitably included in all aspects of society.

For inclusivity to be enabled on a wide scale, it must be firmly embedded in our values, behaviours and mindsets; it must become part of our cultural fabric. It's precisely in this spirit that we have chosen Curating Culture, Inspiring Change as this year's theme for our International Women's Day Lunch.

### [Here are ways you can get involved with IWD 2024:](#)

**1. Support Women in the Creative Industries:** Women are often underrepresented in the creative industries and deserve our support. Seek out venues and studios led by women or those with significant female representation. Attend events and endorse their work to encourage gender diversity.

**2. Amplify Diverse Voices:** Promote women from different backgrounds and share their perspectives. You can join our social media campaign from March 1-8, sharing stories of women who embody #inspiringinclusion.

**3. Engage in conversations with friends, family, and colleagues to challenge**

stereotypes and raise awareness. Join our [International Women's Day Lunch](#) to continue these important conversations and be part of the movement for gender equality.

[Read More](#)

## UPCOMING EVENT



### International Women's Day Lunch - Final Call & Speakers Announced!

Join us for our International Women's Day Lunch under the theme Curating Culture, Inspiring Change, sponsored by **Title Sponsor**, the **Financial Times** and **Associate Sponsor**, Citi.

We are pleased to feature a panel discussion including: **Camille Cheng**, Olympic swimmer; co-founder, Mind the Waves; **Daisy Yiyou Wang**, PhD., Deputy Director, Hong Kong Palace Museum; and **Septime Webre**, Artistic Director, Hong Kong Ballet; moderated by **Isabel Berwick**, Host and Editor, 'Working It' podcast and newsletter, Financial Times.

Don't miss this final opportunity to secure your table and seat by contacting [development@twfhk.org](mailto:development@twfhk.org).

## IN THE SPOTLIGHT

### TWF CEO Featured in Hong Kong Lawyer

In the cover story of Hong Kong Lawyer, TWF CEO Fiona Nott discussed her transition from a legal career to a leadership role in an NGO. She highlighted the challenges women face in the legal industry and beyond. Emphasising the importance of taking tangible steps to attain gender balance at senior levels, she shared insights on addressing gender issues in the legal field. She also acknowledged the support of legal professionals and called for collaboration to create a gender equal city for all.

[Read more](#)

## SUPPORT TWF!



## Join Lane Eight's IWD Charity Workout

Join us in celebrating IWD with a special charity workout class in partnership with Lane Eight. Led by their Brand Ambassadors Coco and Natasia, 100% of the profits from this class will be donated to TWF, supporting our mission to improve the lives of women and girls in Hong Kong. The class will be divided into two parts: Coco will lead a low-impact cardio session in the first half, followed by Natasia leading a sculpting matwork session in the second half. Don't forget to bring your shoes (preferably Lane Eight's!). All fitness levels are welcome to join for a fee of \$150.

### Event details

Saturday, March 2

11.00-11.50am

Coco & the Sun, 18/F, Nan Dao Commercial Building, 361 Queen's Road Central, Sheung Wan

[Sign up now!](#)

## IN THE COMMUNITY

### Diversity List

The Diversity List is a publication by The Zubin Foundation featuring high-calibre, capable, and qualified individuals from the ethnic minority community, presented to the Hong Kong SAR Government, for representation on their Advisory and Statutory Bodies (ASBs).

#### Diversity List 2024 is looking for:

- ✓ Seasoned professionals
- ✓ Commitment to serve Hong Kong
- ✓ Demonstration of leadership qualities
- ✓ Inspirational role models
- ✓ Willingness to sit on HKSAR ASBs (if appointed)

[Apply Now](#) Application Period: 5 Jan - 26 Feb 2024

Scan for more information and application form



### Applications Open for the Diversity List 2024

TWF is delighted to support The Diversity List, a publication by The Zubin Foundation presented to the Hong Kong SAR Government. It features a list of high-calibre, capable and qualified ethnic minorities who exhibit leadership qualities and a dedication to serving the community through government Advisory and Statutory Bodies (ASBs).

After a hiatus due to COVID-19, and with confirmation from the Chief Secretary of Hong Kong regarding their commitment to inclusivity in bringing ethnic minorities onto government committees, The Zubin Foundation has decided to relaunch the Diversity List, with Spencer Stuart's Hong Kong team as the Knowledge Partner.

An ideal candidate is someone who has demonstrated leadership skills and a commitment to serving Hong Kong.

For more information about eligibility, application process and timelines, please visit the [website](#). The application deadline is **February 26, 2024 (Monday)**.

[Submit your application here!](#)

## Menopause and Mental Health Webinar

TWF is pleased to support an upcoming free webinar featuring Dr Laurena Law, a GP with a holistic approach to menopause, and Dr Vanessa Wong, a psychiatrist with an integrative approach to mental health. Their session will unravel the double taboo of menopause and mental health, and will share evidence-informed medical and lifestyle tips and tools to manage mood, sleep and stress.

### Event details

Tuesday, March 5

1.00-2.00pm

To register, email [info@choy়umhealth.com](mailto:info@choy়umhealth.com) or WhatsApp +85291513446 for a zoom link.

MENOPAUSE AND  
MENTAL HEALTH

Breaking taboos & stereotypes  
for the journey within

Dr Vanessa Wong  
PSYCHIATRIST  
WITH AN  
INTEGRATIVE APPROACH TO  
MENTAL  
HEALTH

Dr Laurena Law  
GP  
WITH A HOLISTIC APPROACH TO  
MENOPAUSE

TUESDAY  
MARCH 2024  
1-2pm HKT  
ONLINE DISCUSSION & INSIGHT

Join us in unravelling the double  
taboo of menopause and mental  
health

Learn evidence-informed medical  
and lifestyle tips and tools to manage  
mood, sleep and stress

Register via email: [info@choy়umhealth.com](mailto:info@choy়umhealth.com)  
or WhatsApp: +85291513446 for zoom link  
Session will not be recorded



## Hong Kong Literary Festival – IWD Events

TWF is thrilled to support the Hong Kong Literary Festival's diverse, female-strong line up of IWD events:

- March 4 [Opening Night with FT's Isabel Berwick @ Central Library](#)
- March 6 [Women's Day Literary Lunch with Diana Reid @ Soho House Hong Kong](#)
- March 7 [IWD Breakfast Panel Exploring Complex Women Characters with Diana Reid and Ronnie Scott @ TEC](#)
- March 8 [Literary Lunch with Dr. Nguyễn Phan Quế Mai and Room to Read on IWD Day @ Club Lusitano](#)
- March 9 [A Hong Kong Memoir of Triumph Against the Odds @ Fringe](#)
- March 10 [The Stories Women Journalists Tell @ Fringe](#)

Friends of TWF get 10% off of any of these events with the code **10PERCENTOFF**

## British Council Forum on Women & Leadership in Higher Education

TWF is pleased to support an upcoming Forum organised by the British Council on Women in leadership: opportunities and challenges in leadership careers Higher Education sector.

Their guest speakers will discuss the current status of women academics in leadership, the opportunities and challenges they face in advancing into leadership positions, and how to empower them to overcome the obstacles to professional advancement and to bring greater influence in their professional arena. The Forum will also celebrate the launch of the British

BRITISH COUNCIL

Forum

Women in leadership:  
opportunities and  
challenges in Higher  
Education sector

#WomenEmpowerment #ScholarshipForWomen

Council's first-ever Postgraduate Scholarships for Women.

#### Event details

Wednesday, March 6  
2.00-7.00pm  
Cordis Hotel  
This event is free of charge.

[Register here](#)

## JOB OPENINGS

#### Assistant Manager / Manager, Pipeline Initiatives

TWF is seeking a full-time Assistant Manager / Manager to join its dynamic team. This is an exciting opportunity to contribute to efforts for a more gender inclusive workplace and contribute to a range of programmes making an impact across Hong Kong.

[Apply Now!](#)

#### Project / Events Consultant

TWF is seeking a project or events consultant to join its dynamic team on a contract basis. This is a fantastic opportunity for someone who is detail minded and proactive with tight project management skills to contribute to a range of events that will advance gender equality and make an impact as part of TWF's 20th anniversary. For more information, please contact Belinda Poole at [development@twfhk.org](mailto:development@twfhk.org).

## ON OUR RADAR

#### The Good

- [Women Outnumber Men in South Korea's Sports Stadiums \(New York Times\)](#)

#### The Challenging

- [Gen Z boys and men more likely than baby boomers to believe feminism harmful, says poll \(The Guardian\)](#)

#### The Unexpected

- [Women are being diagnosed with ADHD at unprecedented rates. Here's why. \(National Geographic\)](#)

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



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