

Friday 8th March - Employee Workshop Booklet

International Women's Day



International Women's Day

AFFIRMATIONS

NEXT MONTH
GOALS

HEALTH IS
WEALTH

EAT
MORE
GREENS

BE HAPPY

I LOVE AND APPRECIATE MYSELF

THINGS HAPPEN FOR A
REASON

I AM KIND AND CARING

I WILL FOLLOW
MY DREAMS

I WILL NOT GIVE UP

I AM IMPORTANT

STAY
POSITIVE

I AM BRAVE

THE MORE WE TALK, THE MORE
WE UNDERSTAND

I WILL SUPPORT
OTHERS

International Women's Day

WORKSHOP



Please list what you were grateful for in 2023, whether it is in your role or personal life...



Write down something you achieved in 2023...



Write down something that makes you feel content and happy...



Write down something you are striving towards in 2024...



Who is your inspiration and why?



Write down who would be proud of your achievements...

International Women's Day

ACTIVITIES, WEBINARS AND EVENTS

5 activities you can participate in to celebrate IWD:

- Organise a brunch with your family and friends
- Read an inspirational book written by a female author
- Show appreciation to the female women in your life
- Enjoy an evening of self-care
- Share inspiring media from female creators on your social media channels

6 webinars, workshops or events to attend to celebrate IWD:

Celebrating International Women's Day 2024
Join the Health and Care Women Leaders Network International Women's Day 2024 celebrations on Friday 8 March.
NHS Confederation

Celebrating Neurodivergent Women
A Free International Women's Day Event.
March 7th - 1-2:30pm GMT
#InspireInclusion
Eventbrite / Mar 7

International Women's Day - Invest in Women
Join us for our in-person International Women's Day celebration, celebrating women, and explore why and how we better Invest in Women!
Eventbrite / Mar 11

Investing in Women in Business
Join us for an inspiring afternoon with four outstanding businesswomen. There will be fireside talks, speed mentoring sessions & more!
Eventbrite / Mar 8

International Women's Day 2024 - Open Mic and Poetry Reading
Join us at Manchester Poetry Library to celebrate International Women's Day at our poetry reading and open mic, hosted by Kim Moore.
Eventbrite / Mar 8

IWD BADGE MAKING WORKSHOP
Come learn more about the history of the women's movement and make your very own badge!
Eventbrite / Mar 7