

Dear Lisa

As many of you know, The Women's Foundation has for several years now been running programmes that instill greater gender awareness, enhance self-esteem, boost resilience and promote stretch goals for adolescent teens from under-privileged backgrounds in Hong Kong. Increasingly, what has become clear to us from our work is that in order to help children, we need to coach and support parents.

A recent op-ed piece in the International New York Times described a joint study by psychologists at the University of Delaware and the University of Oregon which examined the impact when parents of infants and young children were provided with personalised coaching that reinforced the "serve and return" small moment interactions that encourage attachment, warmth and trust between parents and children. Infants whose foster parents received just 10 home visits from coaches showed fewer behavior problems and significantly closer and more stable connections with the adults in their lives. The children's ability to process stress improved too.

These positive influences in children's early lives can have a profound effect on the development of non-cognitive capacities – the ability to understand and follow directions, to focus on a single activity for an extended period, to interact calmly with others, to cope with disappointment and preserve through frustration.

Unlike reading and maths skills, these skills aren't primarily developed through deliberate practice and explicit training – instead, researchers are found they are mostly shaped by children's daily experience of their environment and they take root in the first few years of life. When children spend their early years in unstable and chaotic conditions – which is true of a disproportionate number of children growing up in low-income families – the intense and chronic stress they experience impacts their development of these important capacities.

This is why interventions such as training and support services for parents are so important. When parents get the encouragement and support they need to create a warm, stable, nurturing environment at home, their children's stress levels go down while their emotional stability and psychological resources improve.

At a time when Hong Kong society is still coming to terms with the recent spate of youth suicides and many people are calling for better mental health support for our youth, we would suggest that it isn't enough to focus on the youth but instead we need to take a more holistic approach to the issue, taking into account the latest global research which suggests that to help children to succeed, our best strategy may be to help the adults in their lives.

We know from the grassroots women from our Financial Literacy & Employability Programme that getting dads to engage in positive parenting is a constant challenge for many women. TWF has been running positive parenting workshops as part of our Life Skills Programme for several years now. Going forward, we plan to develop more parent resources as part of all our programmes and would also welcome views and ideas for multi-sectoral collaboration to promote and support new policies and initiatives to achieve this.

Warm regards

Su-Mei Thompson
 CEO, The Women's Foundation

UPCOMING EVENTS



Invitation to The Women's Foundation's She Objects Community Screening

TWF and the Centre for Comparative & Public Law and the Women's Studies Research Centre at the University of Hong Kong are delighted to invite you to the Community Screening of "She Objects". The Community Screening will bring together leaders and change makers from the NGO, social service and education sectors followed by a panel discussion on the role of education in promoting critical thinking on media creation and consumption. The discussion will be in Cantonese - simultaneous translation will be provided.

DATE: Thursday, June 23, 2016

TIME: 4.30 - 7.15 p.m.

VEUNE: Large Moot Court, 2/F Cheng Yu Tung Tower, Centennial Campus at HKU

RSVP via [here](#) before June 17. For enquiries,



LEADING WOMEN SPEAKER SERIES

TWF/Bloomberg Leading Female Investors Panel & Networking Lunch

TWF and Bloomberg are delighted to present Leading Female Investors featuring confirmed panellists: Anh Lu/T Rowe Price, Linda Csellak/Manulife Asset Mgt, Stephanie Hui/Goldman Sachs and Susan Chan/BlackRock Asset Management. The panel will be moderated by Dorothy Chan/Bloomberg.

DATE: Thursday, June 30, 2016

TIME: 12.15 - 2.00 p.m.

VENUE: Bloomberg Auditorium 27/F Cheung Kong Centre, 2 Queen's Road Central

[Register Now](#)



LUNCH WITH SPECIAL GUEST HENRY KRAVIS

30% CLUB HONG KONG

Lunch with Henry Kravis, Co-Chairman and Co-CEO at KKR

TWF and the 30% Club HK are delighted to announce that Henry Kravis, Co-Chairman and Co-CEO at KKR, will be the special guest speaker at our next 30% Club lunch. Mr Kravis will speak about the current global investing environment and D&I considerations for business.

DATE: Wednesday, July 20, 2016

TIME: 12.00 - 2.00 p.m.

VENUE: The Asia Society Hong Kong Center, 9 Justice Drive, Admiralty

[Register Now](#)



MENTORING PROGRAMME

ALUMNI REUNION

SAVE THE DATE

Save the Date - Mentoring Programme Alumni Reunion

Calling all current and former TWF MP Mentors and Protégées: please join us for the first ever TWF MP Alumni Reunion! Celebrate this year's graduating cohort and reconnect with other alums in an exciting day with a bit of learning and a lot of fun. More details to follow.

DATE: Saturday, November 5, 2016

TIME: All day - exact times TBC

VENUE: Thomson Reuters, 18F, Citibank Plaza Icbc Tower, 3 Garden Rd, Central

TWF PROGRAMME UPDATES



SHE OBJECTS UPDATE!

We launched the She Objects campaign last week - our Facebook page has already had 40,000 views, 15,000 people have viewed the trailer and almost 600 people have taken the She Objects pledge! This is very heartening ahead of our Red Carpet premiere for the media industry tonight.

A big thank you to our ever growing list of supporting partners from Government to the education sector and businesses to NGOs. Please contact Crystal at crystal.chan@twfhk.org to sign up as a supporting organisation.

We would also love everyone's personal support! Please visit <https://www.facebook.com/TWFHongKong/> and share the first post with friends and family. Please also share this message with your network: **"I am proud to support She Objects, a new campaign by The Women's Foundation to promote the positive media portrayal of women. Join me by clicking Count Me In on sheobjects.org. Every vote counts, every voice matters!"**

We will be releasing a free 10 minute version of the film online at sheobjects.org after our HKU-hosted preview for educators, NGOs and students on June 23. We hope to partner with organisations to host community screenings of the full-length film from September. Please contact Claire at Claire.lim@twfhk.org if you are interested in hosting a community screening.



Breakfast with Belinda Wood, Commander of the Royal Australian Navy

Last Monday, TWF hosted an inspirational breakfast talk with Belinda Wood, commander of the HMAS Anzac, the lead ship of the Royal Australian Navy's Anzac class frigates. Belinda shared her insights on how capability and teamwork, not gender, are the foundation to success and talk about her career journey. Thanks to the Australian Consulate and AusCham for supporting the event and to CBA for hosting.



Mentoring Programme Prospective Corporate Partners' Breakfast

Last Wednesday, TWF welcomed 40 existing and potential corporate partners to a well-received info session on our Mentoring Programme. Many thanks to Clifford Chance for hosting and for their ongoing support!

IN THE COMMUNITY



Congratulations to our 2016 TWF Ivey EMBA scholars

TWF is delighted to announce that our 2014 TWF Ivey EMBA scholarship recipients - Melanie Coate, Natalie Spicer, Laura Brown and Lydia Yang - celebrated their convocation on May 29. Congratulations!



Catch She Objects' Talented Young Songwriter & Singer, Anna Lo!

Catch TWF She Objects' theme song composer and talented young singer - Anna Lo in two upcoming shows:

JUNE 17-19: [Requiem HK](#)

AUGUST 22-23: [Beyond Good Music @ The Fringe](#)



Telstra extends its Business Women's Awards to Asia!

For two decades, Telstra has run Australia's longest running and most esteemed women's awards programme which is being extended this year to Asia. Do you know women who are changing business in Asia for the better - women who are respected for their remarkable spirit, achievements and leadership? Nominations for the 2016 Telstra Business Women's Awards are now open. Go to the [TBWA website](#) to find out more!

TWF IN THE NEWS



Click [here](#) for an opinion piece on She Objects and Su-Mei in she.com.



Click [here](#) to read last Wednesday's interview with Su-Mei in Hong Kong Tatler.

TWF Fundraising Initiatives - We Would Love Your Support!



Buy Jurlique and benefit TWF!

From now through June 30, Jurlique will donate 5% of sales from its new Rosewater Balancing Mist Intense Deluxe Edition to TWF's Life Skills Programme! Thank you Jurlique!



TWF is seeking volunteers for our first ever flag day!

TWF is looking for energetic volunteers to help out at our first ever Flag Day on Wednesday, July 20 from 7 a.m. - 12 p.m. in the New Territories. Besides street sales, TWF will also be selling Gold flags in our corporate partners' offices. Please click [here](#) to volunteer or email flagday@twfhk.org to reserve an allocation of Gold flags!



TWF Mischa Pins

To raise funds for our programmes, TWF is selling pins, specially designed for TWF by Michelle Lai - MISCHA founder. The beautiful black and gold enamelled pins featuring MISCHA's signature design can be purchased at TWF and partner events for HK\$50. We are looking for volunteers to help us with selling pins within their organisations and networks. Please contact Stephanie Ko at stephanie.ko@twfhk.org to find out more.

WHAT WE'RE READING

Our top picks for recommended reading and listening on the key trends and breaking stories about women and gender:

- [How Sexism Held Back Space Exploration](#) (The Atlantic)
- [What Do Women's Career Paths Really Look Like?](#) (Harvard Business Review)
- [Gender Differences Emerge As Companies Grow](#) (Financial Times)
- [Teach Children About Sexism To Stop 'Ticking Timebomb' Of Sexual Bullying In Schools](#) (The Guardian)
- [The Best Countries For Gender Equality May Also Have A Domestic Violence Problem](#) (The Washington Post)

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