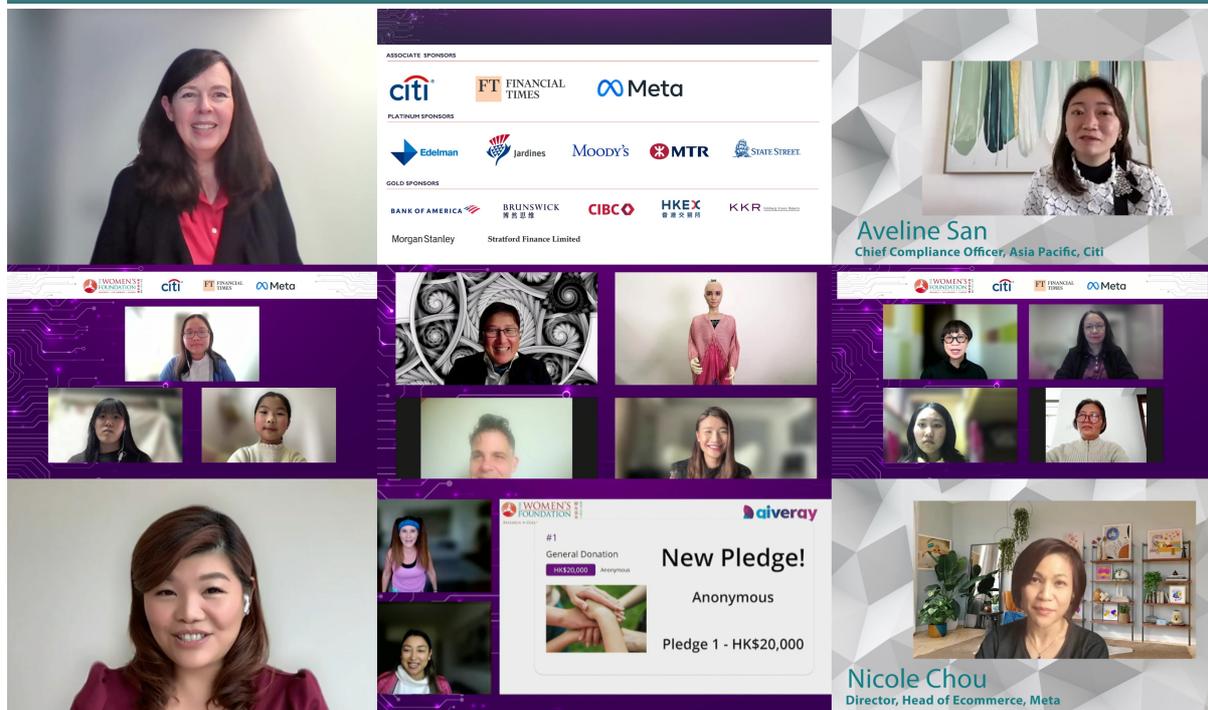




If you can't read this mail, click [here](#).

TWF IWD Virtual Lunch: Thank You for Your Support!



Dear Kitty,

We are so humbled by so many of you joining our IWD Virtual Lunch last Friday, particularly during this challenging time. Thank you for supporting our work and making the women and girls of Hong Kong a priority. We hope you found the event inspiring and energising as we face this next difficult period together. We are immensely grateful to our Associate Sponsors **Citi**, **Financial Times** and **Meta** for their support.

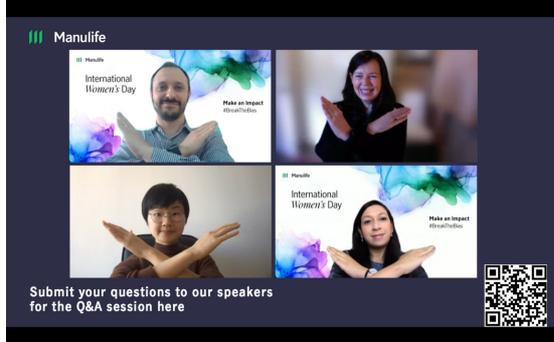
Under the theme “Innovating Equality” we had a thought-provoking panel discussion with David Hanson, CEO and Founder, Hanson Robotics; Gillian Au Howard, Founder and Fair Director, Digital Art Asia; and Sophia the Robot about technology and gender equality under the pandemic. Thank you, Angelina Kwan, TWF Board Vice Chair, for moderating. It was inspiring to hear the sharing from our beneficiary — Wan Yuk Ying from our #TEENForGood Initiative, alongside her mother, Mrs Wan, and teacher, Ms Charlotte Lo, on how our COVID initiative has supported her to overcome her learning challenges over the pandemic; as well as our Girls Go Tech Programme participants Ho Chin Yiu and Ng Ying Yin, and Chung Wing Tung from our Digital Literacy Programme about their interest and learning in STEM through attending our Programmes.

[Read More](#)

INTERNATIONAL WOMEN'S DAY UPDATES

TWF CEO Speaks on Manulife IWD Panel

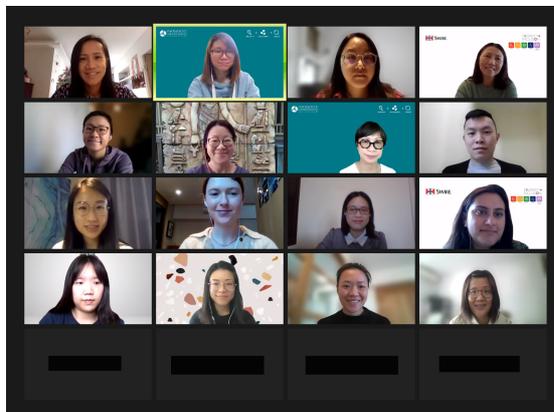
Today, TWF CEO Fiona Nott took part in a panel discussion on Understanding Gender Bias, hosted by Manulife as part of their IWD activities. Moderated by Daniel O'Brien | Manulife and joined by Prof. Puja Kapai | The University of Hong Kong and Prof. Iris Lo |



The Hong Kong Polytechnic University, panellists discussed the origins of gender norms and roles, how these roles play out at work, home and in broader society, and practical ways to interrupt individual and systemic bias.

TWF Speaks at SCMP Women of Our Times Event

On March 8, TWF CEO Fiona Nott and TWF Board Member & 30% Club Hong Kong Steering Committee Chair Tim Payne joined Women of Our Time 2022 conference hosted by the SCMP. Moderated by Tim, Fiona was joined by Teresa Ko | Freshfields Bruckhaus Deringer, Joy Xu | Manulife and Amar Gill | BlackRock as they discussed how regulators, corporates and investors can advance board gender diversity.



TWF Principal Adviser Delivers Gender Stereotypes Workshop to Swire

On Monday, TWF Principal Adviser Rita Ching led a virtual workshop for Swire Group and Swire Properties on gender stereotypes, as part of their International Women's Day activities. Participants examined the role of media in exacerbating gender stereotypes and the impact these biases have on our work, parenting and social roles. They also explored actions they each can take to address these gender stereotypes and create more accepting, inclusive environments over the long term.

TWF Director of Pipeline Initiatives Speaks at J.P. Morgan

On Wednesday, TWF's Director of Pipeline Initiatives Eleni Symeonidou joined J.P. Morgan's Virtual Senior Leaders Offsite to speak about allyship and barriers to taking action towards gender equality.



TWF CEO Featured on RTHK #Hashtag Hong Kong

RTHK's Radio 3 programme #Hashtag Hong Kong aired TWF CEO Fiona Nott's letter to Hong Kong ahead of IWD. She shared her thoughts on the challenges faced by women and girls during the COVID-19 pandemic and actions we can each take to build a gender equal city. She also dedicated a song to them: Superwoman by Alicia Keys.

Listen to the programme [here](#).

TWF CEO Featured in HKEX IWD #GameChanger Series

TWF CEO Fiona Nott was featured in HKEX's first edition of its #GameChanger Series to discuss the importance of board diversity in business success, and how male allies can help expedite the diversity journey in Hong Kong and beyond.

Read the full interview [here](#).



Using Artificial Intelligence and NFTs to Innovate a More Equal Future

Wrote by KATE APPLETON | March 09, 2022



TWF IWD Op-Ed Published in the SCMP

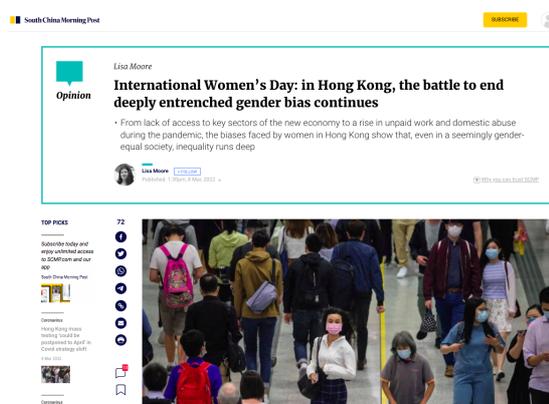
SCMP published TWF's op-ed on International Women's Day written by Lisa Moore, Research & Advocacy Director. Reflecting on the exacerbating impact of the pandemic on women and girls, Lisa discussed what it takes to build a gender-equal Hong Kong.

Read the article [here](#).

Tatler Front & Female Publishes Article on TWF IWD Panel

Our IWD Virtual Lunch Media Partner Tatler Front & Female featured our panel discussion for the event. The article discussed gender representation in artificial intelligence and how to innovate a fairer future through technology.

Read the article [here](#).

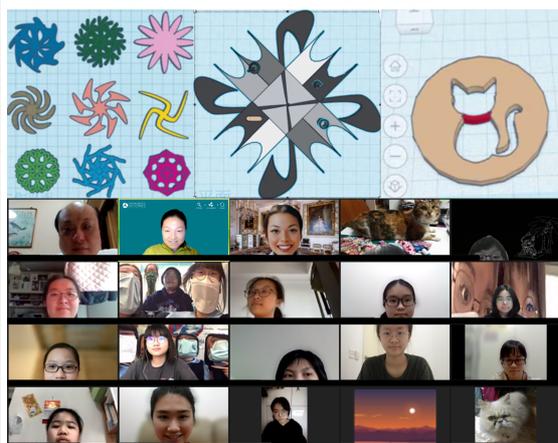


TWF Chosen as Charity Partner by Sassy Media

We are delighted to have been chosen by Sassy Media as Charity Partner for IWD 2022. Read the interview [here](#) to learn more about our work and how you can get involved in our mission to improve the lives of women in Hong Kong.

Support these female-founded brands as they will donate some of their sales referred by Sassy to TWF! More info [here](#).

PROGRAMME UPDATES

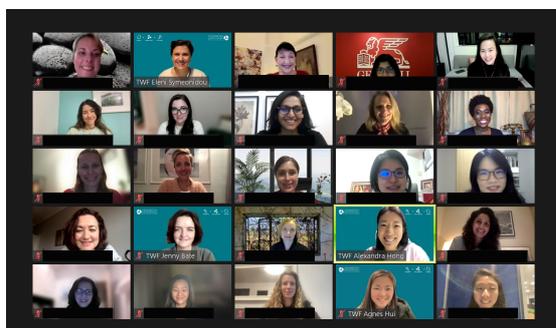


Girls Go Tech: Tinkercad Online Tutorial

On March 3, GGT participants joined an online tutorial on Tinkercad. They learned how to use Tinkercad to design and build 3D coaster models. Participants shared their designs during the tutorial and were amazed and inspired by each other's work. Huge thanks to our GGT teacher Wong Tung Shek from Heung To Secondary School (Tseung Kwan O) for leading this workshop!

Male Allies Focus Group: Female Allies

We had a very active discussion on March 1 with our Female Allies who joined our focus group to connect with each other, share their experiences of being a Female Ally, and build a community of collaboration and support. Female Allies bring broader perspectives to our Male Allies initiative and encourage greater collaboration within their respective organisations.

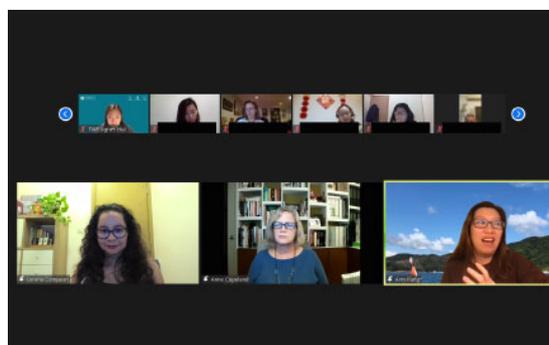


Mentoring Programme: Strategic Storytelling Workshop

On February 24, the 2021/22 cohort participated in an impactful session facilitated by Teresa Norton | StarMaker HK. During this workshop, participants learned about the Power of Story and were also led in various exercises on how to structure and deliver powerful presentations. It was a great evening, full of positive energy and amazing learnings. A big heartfelt thank you to Teresa and to all the participants who joined!

Lean-in Gurus Meetup

On February 28, TWF held a virtual lean-in gurus meetup with both previous and new lean-in gurus which aimed to help gurus facilitate the lean in circles for the alumni of our Mentoring Programme. Amy Fung and Anne Copeland, participated in a panel discussion where they shared tips on leading lean-in circles, and how to stay motivated and committed. Thank you to all participants for sharing your experiences, your questions and tips on how to successfully stay engaged with your Circle. A big additional thank you to the Mentoring Programme's Advisory Council members Lorena Compean, Olivia Lai and Deepa Mehta for organising such a great session!



#RAPIDTEST INITIATIVE



Help The Women's Foundation Support Underprivileged Families During COVID

As we continue to grapple with the 5th wave of COVID, it's more vital than ever that the needs of our most vulnerable are kept in mind. Rapid Antigen Tests (RATs) are sorely needed in the community and are inaccessible to many. This is a major challenge to underprivileged women and families who need to undertake regular self-testing for COVID to safeguard their families. In collaboration with our school and community partners, TWF intends to support at least 1,000 underprivileged women and families by donating RATs (c.10 sets per family) to help alleviate their financial burden and provide peace of mind. Consider supporting our initiative through a direct donation or RATs donation. For more information, please refer to [this flyer](#) and contact community@twfhk.org with any questions.



TWF Supports HER Fund's IWD Video Campaign

We are pleased to support HER Fund's IWD #BreakTheBias video campaign. TWF CEO Fiona Nott spoke alongside other nine key persons from the Hong Kong community and shared her experiences of facing bias in the workplace, as well as her vision of promoting a gender equal city in the video.

Watch the video [here](#).

MENTAL WELL-BEING

As the COVID-19 situation continues to evolve, TWF will be providing resources to support your mental and physical well-being. Be sure to check back each week for new tools and activities.

- [Working Out at Home: Exercises for small spaces](#) (Localiz)
- [Food vs. mood: Eating for physical and mental health during COVID-19](#) (Massachusetts General Hospital)
- Informative Facebook pages: [MINDSET Hong Kong](#) and [The Mental Health Association of Hong Kong - Department of Community Education](#)

ON OUR RADAR

The Good

- [On International Women's Day 2022, three Hong Kong trailblazers for sustainability, social justice and gender equality](#) (SCMP)

The Challenging

- [Study finds almost 40% of Hong Kong women have experienced sexual abuse, as NGOs urge more gov't support](#) (HKFP)

The Unexpected

- [How Are these Hong Kong Artists Tackling Gender Issues?](#) (Tatler)

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



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