

Celebrating International Women's Day 2022



IWD 2022 Theme

Imagine a gender equal world.

A world free of bias, stereotypes and discrimination.

A world that's diverse, equitable, and inclusive.

A world where difference is valued and celebrated.

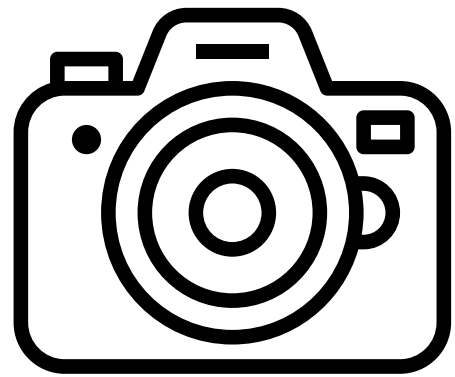
Together we can forge women's equality.

Collectively we can all #BreakTheBias.



Visit www.internationalwomensday.com to learn more

Activity 1: Strike the Pose



Post a Pic

Post a photo and share it on social media using the #BreakTheBias and #IWD2022 hashtags.



Equality!!



Add an Explanation

"On IWD2022 I commit to calling out gender bias, discrimination, and stereotyping. I show solidarity with the #BreakTheBias pose. I encourage others to help build an inclusive world."



Activity 2: Make an Empowerment Board

Use a free online whiteboard to collectively pull together inspiring images and text.

Celebrate women and gender diverse people who have fought hard to break biases. Have a discussion with your staff or colleagues about their inspirations or encourage them to research someone new!

Ask participants to share quotes, images, and stories about their inspiration. Use a free online whiteboard like www.WebWhiteBoard.com to build a collective empowerment board that you can continue and share.



Activity 3: Walk or Roll with a Goal

Take your celebration to the streets! Gather your colleagues to parade in solidarity and celebration of IWD 2022.

Encourage participants to make signs, chant, sing, play music, share stories, and have some fun.

Take it a step further and use the opportunity to collect items for a local foodbank or shelter.



Activity 4: Listen to Women's Stories



techNL's [Creators at the World's Edge Podcast](#) and [Sparking Innovation Video Series](#) showcase an inspiring collection of innovators, dreamers, and creators who are defying the odds in our province.

For IWD2022, we suggest checking out these episodes featuring inspirational women in tech:

- Moya Cahill, PanGeo Subsea (podcast)
- Deirdre Ayre, Other Ocean (podcast)
- Christine Goudie, Granville Biomedical (podcast)
- Gina Pecore, Genoa Design International (video)
- Carolann Harding, SmartICE (video)
- Charlene Brophy, Fonemed (video)
- June Tavenor, Catalyst Health Solutions (video)

[Click here to access all episodes.](#)



**Stronger
together**

**Thank you for celebrating
International Women's Day
with techNL!**

Special thanks to Equal Voice NL for sharing
their resources with us.

A graphic consisting of a large, irregular purple circle. Inside the circle, the words "THANK YOU" are written in a stylized, hand-drawn font. The word "THANK" is on the top line and "YOU" is on the bottom line. The letters are in various colors: teal, pink, black, and light blue.

THANK
YOU