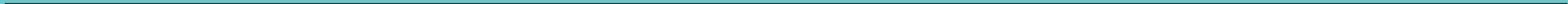


# Celebrating International Women's Day 2023



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# IWD 2023 Theme

Equity isn't just a nice-to-have, it's a must-have.

A focus on gender equity needs to be part of every society's DNA.

And it's critical to understand the difference between equity and equality.

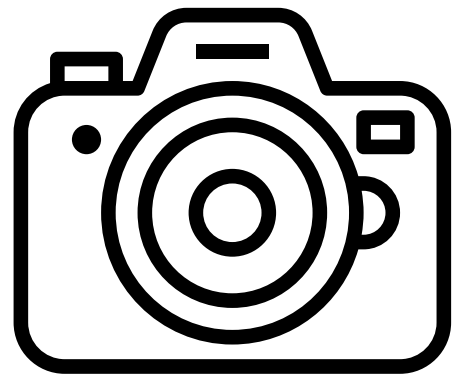
For International Women's Day and beyond, let's all fully #EmbraceEquity.



Visit [www.internationalwomensday.com](http://www.internationalwomensday.com) to learn more

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# Activity 1: Strike the Pose

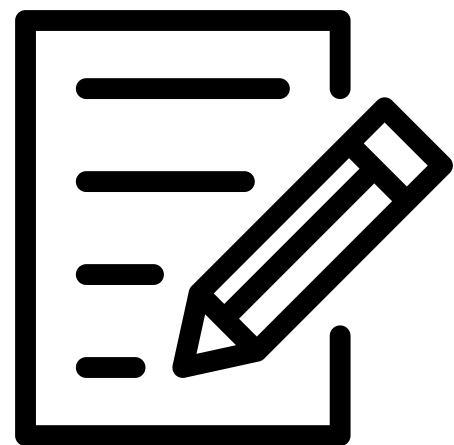


## Post a Pic

Post a photo and share it on social media using the #EmbraceEquity and #IWD2023 hashtags.



EMBRACE EQUITY



## Add an Explanation

"On IWD2023 I commit to actively support and embrace equity within our own sphere of influence. I show support with the #EmbraceEquity pose. I encourage others to challenge gender stereotypes, call out discrimination, draw attention to bias, and seek out inclusion."



# Activity 2: Make an Empowerment Board

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

Collective activism is what drives change. From grassroots action to wide-scale momentum, we can all **embrace equity**. 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](http://www.WebWhiteBoard.com) to build a collective empowerment board that you can continue and share.



# Activity 3: Walk or Roll with a Goal

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Take your celebration to the streets! Gather your colleagues to parade in solidarity and celebration of IWD 2023.

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.

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# 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 IWD2023, 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.](#)

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# Activity 5: Check Out These Resources!

## WRDC

WRDC is helping women throughout Newfoundland and Labrador prepare for and achieve meaningful, positive, long-term careers in trades and technology.

WRDC's STEMforGirls programs empower girls and gender-diverse youth with information and the self-confidence needed to build successful futures in STEM.

Their STEMforGirls Club includes a Digital Clubhouse, hand-on activities at home, and regional events.

## WISENL

Women in Science and Engineering NL is a non-profit, volunteer-based organization that seeks to increase the participation of young and adult women in rewarding and exciting careers in science, technology, engineering and mathematics. They offer programs and services such as CareerLinks, leadership, mentorship, Speaker Series, summer employment and more.

## Digital Waves

Digital Waves aims to help young women and gender-diverse youth develop new skills, and to inspire young people who are underrepresented in technology fields.

In 2021, their first ever Digital Design Challenge saw over 30 participants complete online workshops and had 14 submissions of logos, app designs, and video pitches. Sign up for their newsletter to be notified about future workshops, contests, and more!





# 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. "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. The background of the slide is a solid teal color.

THANK  
YOU