

# 2020 ChampionWoman empowered in 31 days



GLOBAL  
ADJUSTMENTS  
FOUNDATION

Champion a woman. She will build a nation.

Global Adjustments Foundation (GAF) impacted 900 school girls, 1,000 college girls and 120 workforce women in December 2019. Through ChampionWoman workshops, GAF has made progress each day, confident that it will lead to a constructive outcome.

## School - All Rounders programme

The 900 plus girls from six government schools were part of a three-year immersive programme known as 'All Rounders' and the December topic, 'Building Relationships'. The programme helped them understand that responding to people rather than reacting is an effective tool for life leadership.



All Rounders - Three-year immersive programme for school girls



All Rounders in Sarada Vidyalaya

*'What the New Year brings to you will depend a great deal on what you bring to the New Year'*

- Vern McLellan

To establish the ChampionWoman programme for women, as a movement, will be the 2020 goal for Global Adjustments Foundation.

## College - Aspiration to Achievement programme

Young women of MOP Vaishnav College for Women and the Justice Basheer College for Women (SIET) became career ready with GAF's 'Aspirations to Achievement', a 10-hour programme.

Engineering students of Vivekananda College for Women, Thiruchengode, learnt the ABCD (Amazing attitude, Brilliant bachelors degree, Confident career path, Distancing distractions) of transitioning from school to college life in a two-hour motivational session.



Goal - setting session for engineers



MOP Vaishnav college post graduates

## Working Women

### Corporate

Thirty top women leaders of 'Lean-In Circle' at Standard Chartered Bank, picked up tips for work-life balance, gender understanding and team work.

### Rural women

GAF conducted a day-long ChampionWoman session on building self-esteem and careers for Women Organisation in Rural Development (WORD) at Namakkal. Women trained in tailoring have pledged to spend their time productively, contributing to their family and the nation.



Standard Chartered Lean-In Circle



Women Organisation in Rural Development

We at Global Adjustments Foundation conduct free interactive ChampionWoman workshops for school and college girls and working women.

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