



GLOBAL
ADJUSTMENTS
FOUNDATION

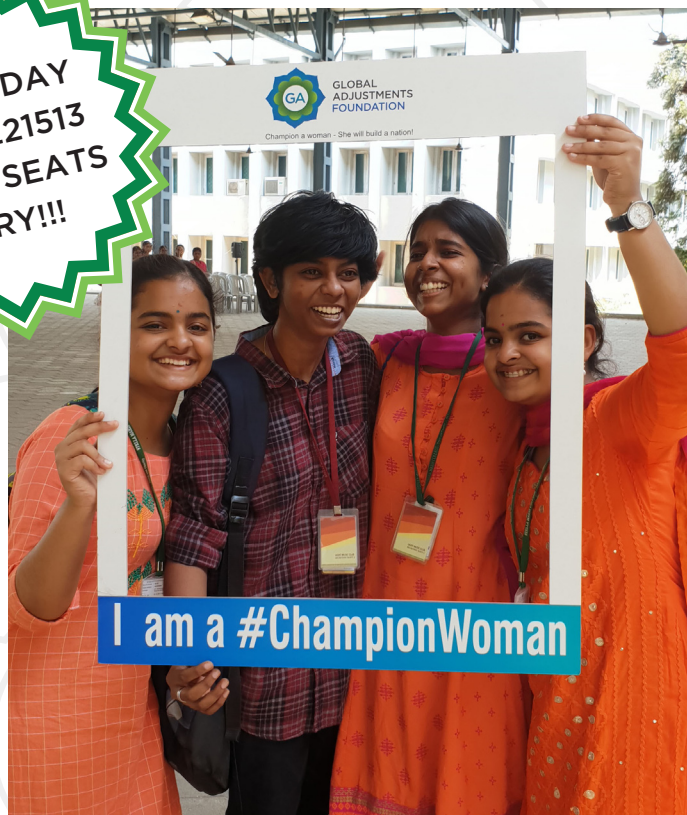
Champion a woman. She will build a nation.

Aspiration to Achievement (A2A)

An exclusive interactive 20-hour life leadership programme for undergraduate girls

REGISTER FOR THE SESSION THIS APRIL 2020

CALL TODAY
@ 7550221513
LIMITED SEATS
HURRY!!!



Objective

- To help aspiring young women become achievers
- To make them employable
- To equip them with tips and tools to become a life leader
- To fill the gender gap in India's productive workforce

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

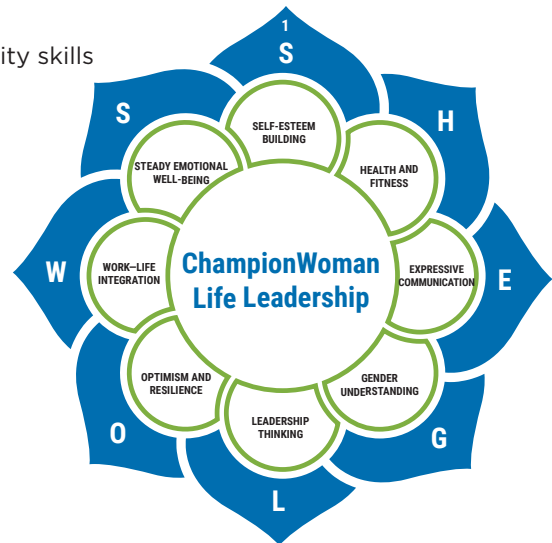
Call at **+91 75502 21513** or e-mail **championwoman@championwoman.org**

Program content includes

- Self-esteem building and career goal-setting
- Grooming and hygiene, and interview and employability skills
- Leadership thinking
- Building physical and emotional strength
- Self-defence techniques and gender understanding
- Optimism and resilience
- Tips to work-life integration

Programme style

- Interactive thought-provoking messages
- Activities
- Brainstorming and sharing
- Motivational videos
- Inspiring real-life champion women stories
- Practical takeaways



Curriculum spells - SHEGLOWS

Our Champion Women are from

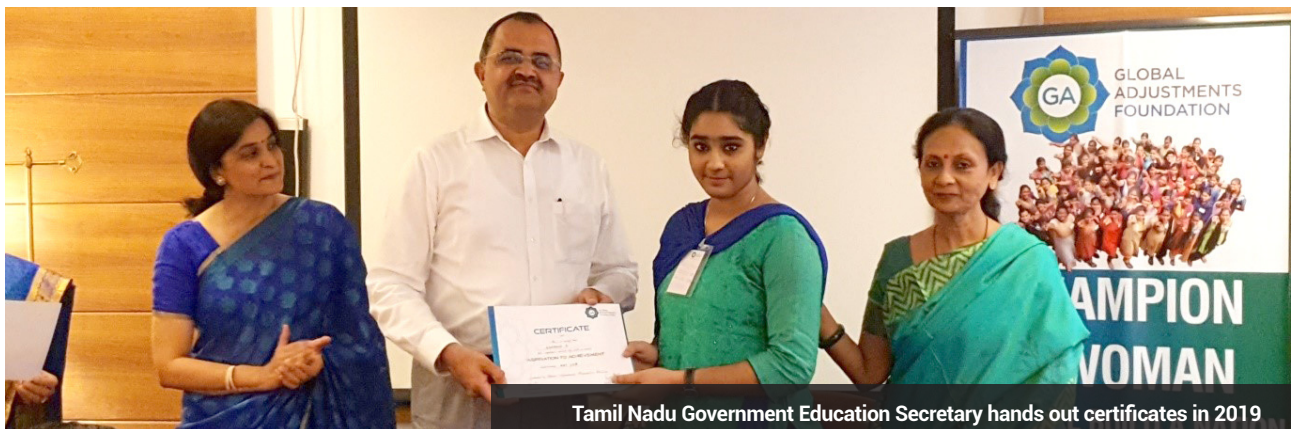
MOP Vaishnav College, Justice Basheer Ahmed (SIET) College, Sathyabama University, Apollo College of Nursing and MGR Janaki College

Some testimonials

'I was not sure whether career or family should come first. Now I know I can integrate and excel in both.'
- Ashwini

'I attempted suicide because of personal circumstances. I have learnt resilience is a better option that will make me a Champion' - Mahalakshmi

'Beyond academic scores I was not confident of a job entry. With the interview and job skills provided, I am a successful IT professional' - Anandhi



Tamil Nadu Government Education Secretary hands out certificates in 2019

'Life stress gave a jolt to my emotional well-being. I have handy tools now that have strengthened my core and given me calmness' - Renponi

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