



Champion a woman. She will build a nation.



## BETTER the Balance, BETTER the World.

‘There is no such thing as work—life balance - it is all in life. The balance has to be within you’  
—Sadhguru Jaggi Vasudev.

The theme for International Women’s Day (IWD) 2019 was #Balance for Better. In 1908, more than a century ago, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights. We have come a long way from then, and today, the world is inching towards including women in key positions and decisions.

From grassroots level activism to worldwide action, we are entering an exciting period of history where the world expects balance. It is imperative that

women as nation builders are able to balance their priorities well, to make a better world.

We at Global Adjustments Foundation believe that Balance for Better goes beyond gender balance and encompasses life, career and much more. Balance is making choices and enjoying those choices. We conducted many Champion Woman workshops for IWD 2019 and positively impacted more than 5,000 women from schools, universities, the public sector and corporates. A Champion Woman can efficiently and effortlessly balance physical fitness and emotional wellness, fun and success, health and happiness, compassion and courage, self and others.



**Thank you**  
for your generous support towards retired musicians and education of girls

Presented by

In Association with

Powered by

Supported by



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

Usha Ramakrishnan, Director, at email [usha@globaladjustments.com](mailto:usha@globaladjustments.com)

Follow us:



/championwoman



/championwoman



/championawoman