



## Global Adjustments Foundation holds workshop for students.

To a group of young student cabinet members of the M.O.P. Vaishnav College, Ranjini Manian poses a question. “How do all of you, as leaders, be more inclusive?”

A session on inclusivity is an important part of the ‘Champion Woman’ movement by the Global Adjustments Foundation (GAF), which seeks to empower women and girls through life coaching workshops conducted free of cost.

“Across the board and in any workplace, we feel that it is the same need of the hour for women. Be it nurses, teachers, IT professionals or college students, we should be working towards confidence building,” said Ms. Manian, founder and chairperson of the foundation.

“Once they build their own sense of self-worth and are given the ability and tools to speak up, this should come together with the practice of mindful living. Confidence coupled with emotional balance will ensure that they are much more productive, both at work and at home and are able to multi-task in a happier frame of mind ,” she said.

Over the last three years, the GAF has conducted several workshops with the aim of maximising the emotional, physical and leadership skills of women. Staff from the Tamil Nadu Secretariat, Policewomen, Nurses, IT professionals, College and School students have been some of the participants, who have attended workshops that have been tailor-made for them. Similarly, the student cabinet of the M.O.P. Vaishnav College participated in a day-long workshop conducted by the foundation last week.

“I strongly believe that education has to be given free of cost and through this movement. We encourage corporate companies, colleges and even schools to invite us so that we can engage with the women. We urge educational institutions, government departments and corporate organisations to invite us so that we can speak to the women,” she said.

Their website, [www.championwoman.org](http://www.championwoman.org) has more information on the workshops.