

Inspiring Women Leaders



Champion a woman. She will build a nation.



Nation Builders of MOP Vaishnav College Student Council with our #ChampionWoman Team

'A leader is one who knows the way, goes the way and shows the way,' says Sheryl Sandberg, one of the most influential women leaders in the world and Chief Operating Officer of Facebook.

ChampionWoman is our unique curriculum that powers a woman to do exactly this. Global Adjustments Foundation (GAF) was invited to collaborate with one of Chennai's leading women's colleges - MOP Vaishnav College - to conduct a special leadership session for the elected cabinet members of their Student Council. Forty smart and confident young women who will be the face of the college and leading various initiatives in 2019 visited our centre for a day-long **Leadership Matters** workshop.

It was a day filled with hands-on, fun and practical learning for these future nation builders. The ChampionWoman Life Coaches Jaishree Chandrasekar, Lakshmi Subramanian and Usha Ramakrishnan shared their professional and personal experiences on various higher life aspects of leadership skills like Self-image Enhancement, Bad Habits to Stop in Leadership, Building Inclusive Thinking and Expressive Communication. Ranjini Manian, GAF Founder, conducted a session on Equilibrium Living

that highlighted the importance of being mindful and balanced to be a successful, ethical leader.

The workshop was peppered with many interactive games, case studies and role plays. Simple yet powerful tools were provided by the Life Coaches that the young leaders can use now as students and cabinet members and later when they transform into career women.

The **Leadership Matters** programme speaks directly to students and incorporates the requirements of the college authorities. There are future plans to engage with these young leaders on a regular basis to provide them with support and direction as they set and achieve milestones as nation builders.

Says Director Usha Ramakrishnan, 'For women and girls to build their self-confidence and ability to calmly and effectively speak up, call on us to partner in a specialised life leadership programme. Every participant will bloom wherever she is planted.'

ChampionSpeak



'Honestly, the best workshop I've ever attended. Thank you ChampionWoman Team for sharing your experiences with us and making us confident and positive. Looking forward to learning more from you all' - A Student Council Cabinet Member, MOP Vaishnav College, Chennai.

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

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



Never Give Up

Once upon a time, a 17-year-old Indian boy had an American tennis coach. I met him via his coach. One day this lad went to play the finals at Junior Wimbledon. I too went to that match. The coach told the boy to come at 8 a.m. with two pounds in change, ready to play the 2 p.m. match.

'Can't I sleep a little longer?' he asked.

'No. Be there!' was the terse reply.

When he reached Wimbledon, the American coach sent the lad to buy a program booklet, which cost exactly two pounds.

He asked him to find the names of the runners-up and report back. After half-an-hour of careful browsing, the boy came back to say he couldn't find the names.

'Exactly! So now go win the tournament.'

The rest is history. Leander Paes told us this story yesterday when we bumped into each other again, 29 years after he won the Junior Wimbledon, and many, many more laurels in tennis for India.

Coach Dave and his wife Sekyen were with us. It was a happy reunion. One which reinforced our belief in human relations. And that champions are made with hard work and warm hearts.

#ChampionWoman, take a leaf out of this story. How to not give up.

1. See crises as obstacles to overcome, not permanent barriers. Seek help and be grateful for current support.
2. Accept change as the only constant. What goes down has to come up. Life is a yo-yo, so look for the bounce back.
3. Accelerate towards positive goals. Disengage attention from the hurdle and consciously focus on the target.

Popcorn is the acronym for a champion woman who jumps up and is counted. **POPCORN** stands for:

- P - Power used for good**
- O - Openly seeks and receives support**
- P - Participates fully with a strong voice**
- C - Confidence is her key**
- O - Optimism is her engine**
- R - Remaining authentic is her goal**
- N - Never Give Up is her way of life**

