

CHAMPION AHEAD

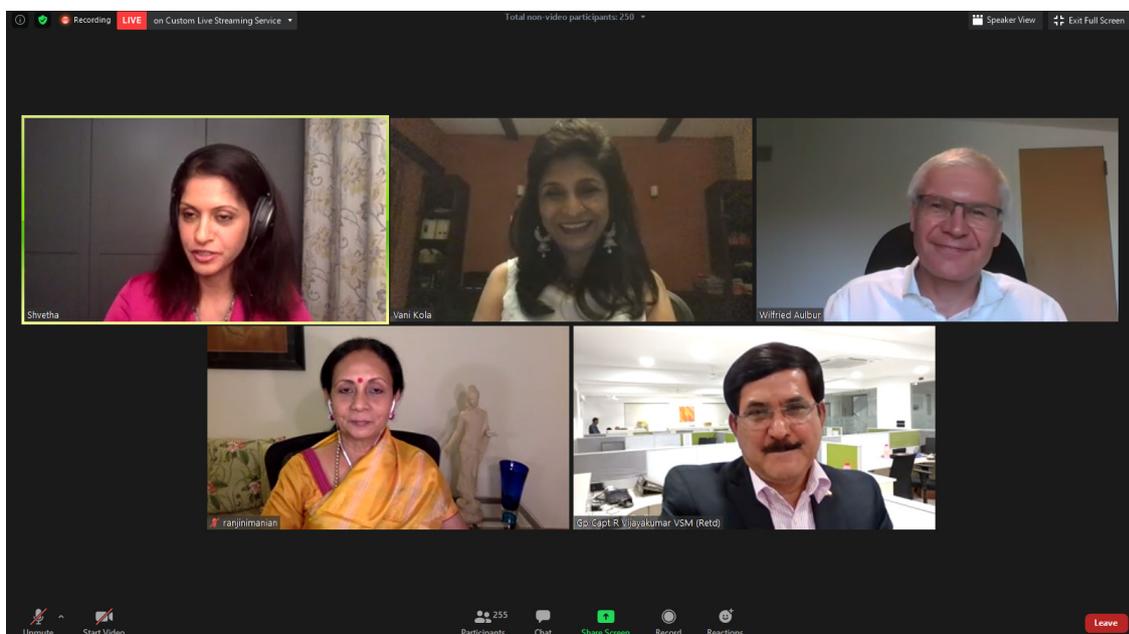


It was a coming together of brilliant minds to address the more imperative issue concerning the community today. 'Marching Ahead: The Next Normal', was an online Fireside chat event for women held on the occasion of Independence Day 2020 by the Madras Management Association (MMA) in association with Global Adjustments Foundation and Konrad Adenauer Stiftung. The thought-provoking two-hour event focused on providing women with guidance and practical resources during the COVID-19 pandemic, as they adapt to the next normal. The webinar was a huge success, with more than 4,000 people tuning in to listen to some of the remarkable speakers from the sessions.

Ranjini Manian, Founder Chairperson, Global Adjustments Foundation – “Remember, we are not ‘Human Doings’ but we are ‘Human Beings’”.

Ms Shvetha Jaishankar, former Femina Miss India International and Author – “I take them (my children) through a simple meditation routine, which we do as a family. I play them images of beautiful landscapes from around the world. Children intuitively gravitate towards natural beauty and I can see them relaxed,” she said.

Ms Anu Hasan, Actress, Entrepreneur and Motivational Speaker – “Women set a high bar for themselves – to be a super mom, super wife and so on – and complicate their life. It is okay to ask for help.”



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

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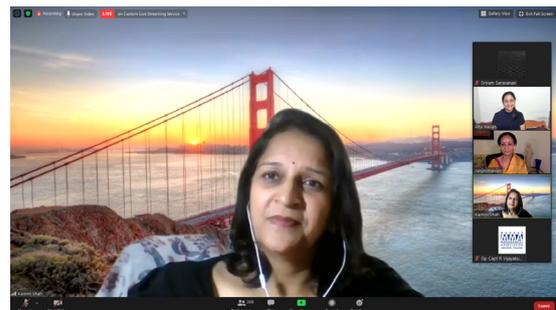
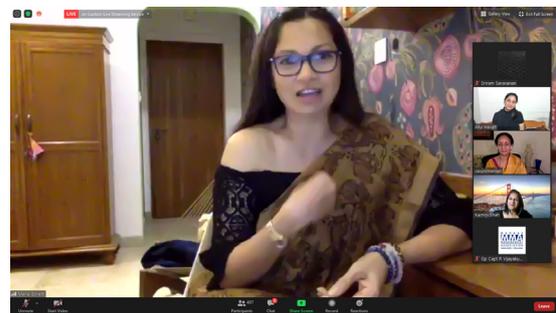
Ms Maria Goretti, Author, Chef and Television Host, on getting an opportunity to go out for three months to study when her daughter was three and everyone discouraged her - “It is a different thing to stand in front of a camera as a TV host but, personally, I used to be very shy and petrified. I stood up and went ahead with my studies. For the first time in my life, I walked out of my comfort zone.”

Ms Kamini Shah, CFO, Strategic Sales & Geographies, Wipro Ltd - “After marriage, when I got my first child, everyone in my joint family and friends advised me to quit my job. But I was clear that I wanted to pursue my career. Now I am very happy I stood up then and advocated for myself.”

Mr Wilfried Aulbur, Senior Partner and Global Head, Roland Berger and Former MD, Mercedes Benz India - “Understanding that only certain things are in our control and a lot many factors can't be influenced by us, takes a long time to realise. Internalising this fact and working on things that I can control has helped me to reduce my stress.”

Ms Vani Kola, Founder & MD, Kalaari Capital - “In any situation, we can only cope day by day. When we take one step at a time, most mountains can be conquered. Everyone has their quota of stress. Even a KG child has its own challenges. Tools like Mindfulness and Self-Awareness can help us maintain the right perspective.”

Mr Viswanathan Anand, Indian Chess Grandmaster and five-time World Chess Champion - “As a defeat in a game of chess forces you to look at every alternative, something like this crisis makes us to look at all aspects of our life. Maybe, success is not the only measure. You can find out what the priorities are, what is important and what is not important.”



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