



Save the Children



**Humanitarian
Leadership
Academy**

In support of International Women's Day

Navigating Challenges for Women in the Workplace



Inclusive Workplace
Recognise and ease women's
life-stage pressures

Inclusive Workplace

Highlight the pressures that women can face and the hidden side of managing relationships, child-rearing, and working. Encourage workplace policies that support women in navigating complex life stages, fostering a truly inclusive and supportive environment.

Address the 'glass cliff' where women often face leadership roles during times of crisis, and advocate for fair opportunities for success.



Women's Wellbeing
Advocate for mental health,
embrace life transitions

Women's Wellbeing

Recognise the heightened pressures and expectations on women can face and emphasise the importance of mental health support to navigate challenges and maintain wellbeing.

Address menopause impact, advocate policies, foster open dialogue. Cultivate a workplace embracing physical and emotional changes, fostering life balance.



Inclusive Leadership
Tailored programs for women's
diverse journeys

Inclusive Leadership

Develop leadership programmes specifically tailored to the needs of women in senior positions, addressing the unique experiences and challenges they face during life transitions, including menopause.

Recognise and celebrate the valuable contributions of diverse women of all ages in leadership, challenging age-related stereotypes to foster a workplace that values diverse experience and wisdom.

For more learning resources, visit Kaya

kayaconnect.org