

MEDIA RELEASE

EMBARGOED UNTIL Wednesday 26 August 2020

Reflect. Grow. Thrive.

YWCA launches 10-part webinar series for young women's development to mark International Day of the Girl

National feminist organisation YWCA Australia launches an exciting 10-part webinar series today focusing on personal and professional development opportunities for young women. Titled 'Reflect. Grow. Thrive', the series will run in the week leading up to International Day of the Girl (11 October), and features notable guest speakers including Nayuka Gorrie, Carly Findlay, Manal Younus, Amy Thunig, Elizabeth Wright, Rae Cooper, Lucille Cutting and Nkechi Anele.

YWCA Australia's Young Women's Development Manager Sarah Hill said the 'Reflect. Grow. Thrive' webinar series was a great opportunity for young women who were looking for self-development, connection with like-minded peers, and engagement with a range of intersectional feminist issues.

"The COVID-19 pandemic has disproportionately impacted young women – they're a group that's been most likely to lose their employment, to have their education disrupted, to have to withdraw from already low superannuation accounts to make ends meet, and to experience poor mental health as a result of physical distancing," said Ms. Hill.

"Combined with Federal Government policies and pandemic responses that don't address the specific impacts on young people or women, there has never been a more necessary time to focus on supporting young women's development."

'Reflect. Grow. Thrive' has been created in conjunction with members of YWCA's Young Women's Council (YWC) to ensure that the webinar series is developed by and for young women, with presenters who will understand and resonate with young women across Australia.

YWC member Shaylee Leach said "As an employee of the Working Women's Centre in South Australia, I've seen the impact of the current pandemic on young women's employment, their working rights and financial stability. Being able to influence session topics and speaker selection for this webinar series has meant that we can ensure that they will address the current needs and interests of young women in Australia."

Beginning on Monday 5 October and ending on Friday 9 October, the 10-part webinar series is free to access for all YWCA members or \$2.50 per session for non-members.

"We've been lucky to have the support of a community grant to run this series," says Ms. Hill. "It was important that we make this webinar series as *accessible* as possible to as *many* young women. Membership to YWCA is free and comes with many benefits, so we encourage everyone to sign up as a member in order to get free access to the webinar series."

For more about the 'Reflect. Grow. Thrive' webinar series, visit ywca.org.au/IDG2020

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Full list of webinar sessions

Date	Time (AEST)	Session	Speakers
Mon 5 Oct	11:30am	Beyond Bath Bombs <i>Self-care, resilience, mental health and managing burnout</i>	<ul style="list-style-type: none"> • Sacha King, founder of Two Two One mental health charity
	3pm	Careers vs Jobs <i>Finding passion in your work</i>	<ul style="list-style-type: none"> • Elizabeth Knight, founder of Purposeful
Tues 6 Oct	1pm	We Have to Talk <i>Navigating challenging conversations with difficult people</i>	<ul style="list-style-type: none"> • Carly Findlay, award-winning writer, speaker and appearance activist • Sara Saleh, poet, human rights, refugee rights and racial justice activist • Tessa Caramia, Minus 18 presenter
	7:30pm	Powerful Public Speaking with Impact <i>Assertiveness and communicating your message</i>	Founders of The Pin: <ul style="list-style-type: none"> • Lucille Cutting, ABC Radio presenter and journalist • Nkechi Anele, Triple J host and performer
Wed 7 Oct	2pm	People Power <i>How to get into activism and advocacy</i>	<ul style="list-style-type: none"> • Tal Fitzpatrick, artist, researcher, craftivist and community development worker • And more...
	7:30pm	It's Our Future <i>Climate justice is a feminist issue</i>	<ul style="list-style-type: none"> • Varsha Yajman, Schools Coordinator AYCC • And more...
Thurs 8 Oct	11:30am	Respectful Relationships <i>Identifying red flags and preventing gender-based violence against women</i>	<ul style="list-style-type: none"> • Khadija Gbla, founder of The Desert Flower Centre Australia • Simone O'Brien, domestic violence survivor and advocate • And more...
	4pm	Gender Equality in the Workplace <i>Knowing your rights at work</i>	<ul style="list-style-type: none"> • Professor Rae Cooper, Professor of Gender, Work and Employment Relations at the University of Sydney
Fri 9 Oct	12.30pm	Action, Not Words <i>How to be a good ally</i>	<ul style="list-style-type: none"> • Belle Owen, disability advocate • Mehak Sheik, Social Innovation Manager at the Foundation of Young Australians • Nayuka Gorrie, actor, writer and activist
	4pm	#BlackLivesMatter <i>Keeping our foot on the pedal of the #BLM movement in Australia</i>	<ul style="list-style-type: none"> • Manal Younus, poet and storyteller • Amy Thunig, academic and PhD candidate

About YWCA Australia

YWCA Australia is an evolving intersectional feminist organisation focused on improving gender equality for women, young women and girls. For 140 years, we have challenged the systems, structures and policies that act as barriers to women, especially young women, achieving their full potential. We aim to positively impact the lives of more than two million women, young women and girls by the end of 2023. Our high-impact evidence-based programs and services are inclusive of women in all their diversity and offer support with housing, homelessness, safety, wellbeing and leadership.