

# Webinars



## Webinar Toolkit: August 2022

### “The Empowered Women”

This toolkit will cover some of the contents from the webinar, including:

- Celebrating the Power of Women
- Recognising the Challenges
- Identifying Abuse
- Stand up for yourself and others
- Wellness for women

If you missed this webinar linked to this toolkit, you can watch the recording available on the Kaelo website – <https://www.kaelo.co.za/introducing-free-monthly-webinars/>



### Your Facilitator



**Tracy Helps**

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**Our audience celebrated Woman for the following inspirational reasons:**



## Some Interesting Facts

- Society is slowly balancing inequality at work but still huge inequalities at home
- Women do considerably more housework than their partners – even if they are the breadwinners
- Women spend significantly more time caring for children than their partners
- Women experience more burnout and crisis fatigue
- An older man's chance of dying after the death of his spouse rises substantially while a woman's risk increases only slightly.
- The hostility experienced by stressed men is well understood to be health-damaging while the convivial nature of women is protective



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## The Strengths:

- Strong social networks
- Commitment to family
- Physical resilience
- Seek help more
- Greater oxytocin response

## The Vulnerabilities:

- Juggle more roles
- Busier and constantly rushing
- Carry more responsibilities out of paid employment
- Socialised to be people pleasing
- Raised as care takers
- Taught to sacrifice
- Prescribed social expectations
- Don't prioritise self-care

## The Challenges:

- Abuse
- Discrimination
- Lack of inclusion
- Unconscious bias
- Gender based violence
- Inequality and inequity
- Glass ceiling
- Stereotypes
- Patriarchy
- Objectification

## Call it What it is.....



- Identify abuse as what it is – physical, emotional, sexual, financial, digital
- Always about power, control and coercion
- A relationship should never make you feel bad
- A relationship should never make you feel less than
- An abuser will isolate you from your friends and family
- You should always have choices

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## Get Help

- If you've witnessed or experienced any of the domestic violence warning signs, it's important to recognize that domestic violence is not normal
- No human being ever deserves to be abused.
- There is no shame in seeking help or looking for an escape.
- You are not responsible for what has happened, but you are responsible for what happens next.
- You have the power to help yourself or someone else

## Wellness for Women

- Build a resilience routine
- Prioritise self-care
- Learn to set boundaries
- Say no without guilt
- Challenge gender socialization
- Be a woman not just a mother, sister, wife and daughter
- Cultivate only positive social networks
- Own your strength



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**Thank you for joining the session!**

Remember you can access the recordings, toolkits and register for each monthly session on the Kaelo website: <https://www.kaelo.co.za/introducing-free-monthly-webinars/>

**Up next month:**



## Laughter Yoga

Tuesday, 13 September, 14:00 CAT

Register on: <https://www.kaelo.co.za/introducing-free-monthly-webinars/>

### Your Facilitator



**Lesa Burger**  
Executive, Personal  
Mastery Coach

**We look forward to seeing you there!**