



Dr. Saliha Afridi, PsyD. (US)

CLINICAL PSYCHOLOGIST & MANAGING DIRECTOR

Dr. Saliha Afridi founded The LightHouse Arabia in 2011 to make a positive impact on the mental health in this region. She is a generalist, with training and experience in a wide range of mental health issues. It is her life goal to work with children, adolescents, adults and families and give them the courage to address the challenges that face them – and to guide them on a path to happiness.



ONLINE WEBINAR

INTERNATIONAL WOMEN'S DAY 2022: Breaking Gender Biases and Barriers

Date: Tuesday, March 8th

Time: 1pm - 2pm

Suitable for ages 21 yrs+

This is a 45-min webinar followed by 15-mins for Q&A and discussion.

Since 1911, the world has marked International Women's Day as a day to celebrate the achievements of women around the world. This year's theme is #BreakTheBias.

Women in all walks of life continue to contend with external and internalized challenges to fulfilling their potential. Research shows that 90% of both men and women, hold some sort of bias against women. We have all seen, heard, and experienced biases towards women; from women and men labeling women as being *temperamental and bossy*, to women being *good fits for caregiving professions*, to being *unfit for leadership positions*, to *not being good with numbers* or in being *poor drivers*. Women continue to face biases and restrictive gender role expectations every day in the workplace and in society at large.

Although it has been over 100 years since the world first celebrated the first International Women's Day, there is still a lot more we all can do to break gender barriers and biases, and increase inclusion and equity for women in society.

YOU WILL LEARN:

- What the internal and external barriers are for women
- What gender bias is, and gender micro-aggressions
- The unconscious nature of gender bias and why we all have prejudices
- The impact of barriers and biases on women's mental health



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RESERVATIONS: lighthousearabia.com/events

LOCATION: This is an online webinar. A Zoom link will be shared following event registration.