



International
Women's Day



Special Event: International Women's Day 2026

CONFRONTING AND BREAKING GENDER BIAS & BARRIERS

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

ABOUT THIS TALK:

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.

JOIN US TO EXPLORE:

- 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.

