

The ultimate guide on celebrating your Female Workforce



Why is Women's Day Celebrated?

IWD is celebrated to acknowledge the achievements and contributions of women to society, as well as to raise awareness about gender equality and women's rights. It is an opportunity to reflect on the progress made, to call for change, and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their communities.

Why companies celebrate IWD?

Celebrating Women's Day is important for companies as it promotes gender equality, recognizes the contributions of female employees, and creates a more inclusive and diverse workplace culture. This can lead to improved employee engagement, increased productivity, and a more innovative work environment.

How to celebrate Women's Day at Workplace?

The workplace is an excellent place to celebrate this special occasion, as it allows employees to come together to acknowledge and recognize the women in their workplace. Here are some tips on how to celebrate Women's Day at the workplace:

Organize a special event: Consider hosting a breakfast, lunch, or after-work celebration for the women in your workplace. You can also arrange for guest speakers, conduct webinars, sessions, or a panel discussion on women's issues.

Give out gifts: Recognize the women in your workplace by giving out gifts, such as flowers, chocolates, or cards. You can also gift them employee assistance programs, emotional and physical wellbeing packages. This is a simple yet meaningful way to show your appreciation for the women in your workplace.

Encourage flexible working hours: Give women the opportunity to celebrate Women's Day with their friends and families by encouraging flexible working hours. This can be a day off, or a half-day, depending on your company's policies.

Provide mentorship opportunities: Mentorship programs are an excellent way to empower and support women in the workplace. Encourage women to mentor and support each other, as well as to seek out mentors who can provide guidance and support.



Highlight women's achievements: Take the time to acknowledge and recognize the achievements of the women in your workplace. Share their stories, both inside and outside of work, to celebrate their contributions and to inspire others.

In conclusion, the most important thing is to show appreciation and support for the women in your workplace.

How MantraCare can help you in celebrating Women's Day?

MantraCare can help you celebrate IWD by offering special services, events, or promotions specifically geared towards empowering & celebrating women's health & wellness. This could include yoga & fitness classes, mental health workshops, informative webinars, or healthy diet plans. We can offer activities like:

Activities (30 mins each):

- Window to Awareness
- We're in this together
- The Wonder Woman BINGO
- Wheel of Life
- Movie Review

Webinar / Workshop Sessions:

- Women's day 2023 theme based session:
Embrace Equality
- **Brand YOU** - Reflect Your Authentic Self
- **Growth Mindset** - From Being to Becoming
- **Women Wellness** - Be the Healthy You

6-Week Women as Emerging Leaders Certification Program

MantraCare

MantraCare is a health technology company that offers a range of services designed to improve the mental and physical well-being of its clients. Our mission is to provide innovative and accessible healthcare solutions that make it easier for individuals and companies to prioritize their health and wellness.

MantraCare is proud to offer women's wellness services that are designed to support the unique needs of women at all stages of life. Whether you're trying to conceive, pregnant, or dealing with menopause, our team is here to provide the support and guidance you need to prioritize your health and well-being.