



# International Women's Day 2019

## The Barbados Olympic Association Inc.



**Theme:** Better the balance, better the world, #Balanceforbetter

**Date:** Sunday March 10th, 2019

**Time:** 3:00pm - 7:00pm

**Location:** Barbados Olympic Centre, Wildey, St. Michael

**Concept:** Although women are now endorsing and demanding their social rights — in both their virtual and physical realities — the truth is that even till this day, women do not receive as much respect or recognition on the professional front as their male counterparts. This is especially the case when it comes to the sports industry.

This year's Women's Day theme, #Balanceforbetter celebrates the movements that have changed the game in gender equality and identify challenges that females in the sports industry still face on a daily basis. It is naïve to believe that this conditioning and situation can be changed overnight, but it's our hope that this event gets enough people thinking and maybe, just maybe, they'll be the pro-changers we've been looking for, for a long time now.

**Objectives:** The focus of the event will be to discuss challenges still facing girls and women in sport, and how sport can not only empower females but also help produce tangible results when it comes to gender equality and greater inclusion and diversity.

**Outcomes:** Friends, colleagues, sisters, mothers, daughters, will join us for this special paint party event on March 10th, where we'll be painting, conversing, and raising our voices to marvellous women who are making a difference for the future!

**Supporting Activity:** Newspaper articles highlighting women sports leaders and statistics on representation on local national federation boards.



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### Themes:

SPORT LEADERSHIP	HEALTH & WELLNESS	WORK/SPORT/ LIFE BALANCE
<ul style="list-style-type: none"> <li>• Women do lead, they are competitive, and they have much to offer the changing face of sport. Yet locally women remain under represented as coaches, administrators, and officials at all levels of competition.</li> <li>• The patriarchal culture of sport and the marginalization of women in the sport workplace leave women feeling unsupported and isolated.</li> </ul>	<ul style="list-style-type: none"> <li>• A woman's perception of her own body and her relationship with her body image can influence if she feels confident or comfortable enough to play sport.</li> <li>• The stark sexism and heterosexism in women's sport affects all women, regardless of their sexual orientation.</li> </ul>	<ul style="list-style-type: none"> <li>• The triple layers of a woman's life</li> <li>• When work/sport/life balance is achieved, this can positively impact a woman's sporting performance itself and is a key component of investing in our health and well-being</li> </ul>

### Event Schedule:

TIMES	ACTIVITIES	POINT PERSON
3:00pm	Registration, payment and assembly	Daneka Headley
3:30pm	<b>Welcome Remarks</b>	Ytannia Wiggins – Commission Chair
3:30pm	<b>WALK &amp; TALK</b> - Participants will be split into smaller group of 35 where groups will move from tent to tent to listen to a 10 minute talk on the current issues.	
4:30pm	<b>PAINT &amp; PLAY</b> - Participants will circle back to their chosen topic tent and begin with their artist.	
7:00pm	Event Ends	