

Women Focus Canada 2024 – International Women's Day Report

Theme: Investing in Women: Unlock Growth - A Webinar on Diabetes Awareness, Capacity Building, and Empowerment



The International Women's Day Webinar, titled "Investing in Women to Unlock Growth," was virtually hosted by Women Focus Canada on Saturday, March 2, 2024, drawing a diverse and engaged audience joined globally from Africa, Europe and North America.

Webinar Statistics:

Total Registrations: 467

Unique viewers/Attendance: 161

Total Users: 321

The sessions commenced with an Introduction and Opening Remarks led by the facilitator, Sade A and a welcome message from our host, CEO and Founder of Women Focus Canada, Dr. Oluremi Adewale.

Sade A emphasized the significance of International Women's Day and the theme of investing in women for collective growth, outlining the agenda and key objectives of the online webinar.

Dr. Adewale began by extending heartfelt gratitude to volunteers, board members, Planning committee members, moderators, speakers, and online participants. Dr. Remi addressed the prevailing challenges encompassing COVID-19 and escalating grocery costs, with emphasis placed on the disproportionate impact felt by women, children, and those with disabilities. Dr. Adewale provided reassurance and emphasized collective support and community resilience.

In her speech, Dr. Adewale underscored notable achievements by women across various domains, both locally and internationally. Local initiatives, such as the WFC Youth Civic Engagement Program (YCEP) to nurture leadership skills, were highlighted by Dr. Adewale who issued a call to action for supporting

Women Focus Canada mission. Participants were also urged to unlock growth opportunities for women through education, mentorship, and active community engagement.

The event then delved into the critical intersection of diabetes awareness, being led by Dr. Angela Cooper Brathwaite, Capacity building, and empowerment for women being led by Sedra Alshamaly, and unlocking growth being led by Adeola Fayehun.

Diabetes Awareness Session (Led by Dr. Angela Cooper Brathwaite):

Dr. Brathwaite raised awareness about the prevalence and impact of diabetes in women. She dispelled myths, provided accurate information, and encouraged early detection and proactive measures. Dr. Brathwaite also shared statistics and offered dietary information emphasizing the importance of health and exercise.

Capacity Building Session (Led by Sedra Alshamaly):

Sedra Alshamaly highlighted the importance of developing skills, knowledge, resources, and infrastructure to address challenges faced by young girls and women. Sedra shared her life experiences, illustrating how they led to acquiring new skills and knowledge, improving her core competence.

Unlocking Growth Discussion (Led by Adeola Fayehun):

Adeola Fayehun facilitated a healthy discussion on unlocking growth in women and its empowering impact on both women and communities. She explored economic opportunities in innovation for women, encouraged men to motivate women and girls to pursue opportunities for thriving both personally & economically. Adeola also fostered a sense of community and collaboration for shared growth. The sessions included an engaging Q&A session to address participants' queries in various areas of discussion. Based on the results of the first poll questions, the outcomes of these sessions were increased awareness about diabetes and its impact on women and their families, empowerment of women with practical tools, facilitated networking and collaboration among participants, and inspiration for women to explore growth opportunities in healthcare and beyond.