

Transforming Communities Together &
Black Country Near Neighbours presents:

INTERNATIONAL WOMEN'S DAY

Online live celebration

8th March 2021

#CHOOSETOCHALLENGE

Inspiring more women to take action to
make a difference in their community

Live Panel discussion: Empowerment of women

8:00pm – 9:00pm

Register for free on Eventbrite:

https://int_womens_day.eventbrite.co.uk/

**TRANSFORMING
COMMUNITIES
TOGETHER** 

**NEAR
NEIGHBOURS**
BRINGING PEOPLE TOGETHER

DR. PETULA NURSE

*Former Principal Lecturer
in Biomedical Science*



EMPOWERING MESSAGES

- Begin every day feeling inspired. End every day feeling fulfilled.
- Every woman, young and old should know they are worthy, find purpose in their life and live life to the full.
- Don't let anyone dim your light. Shine for all to see.

#CHOOSETOCHALLENGE

SHAZ AKHTAR

*Black Country Near
Neighbours Coordinator*



EMPOWERING MESSAGES

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- Rise above whatever life throws at you.
 - Women become stronger from their experience and struggles in life.
 - Be a voice for justice for all, regardless of your faith, ethnicity, diversity and social status.

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BALLY BARQUER

*Founder of Sandwell Asian
Mental Health Group*



EMPOWERING MESSAGES

- Communication is the KEY to SUCCESS!
- DEDICATION and DETERMINATION gets you where you want to be.
- TIME! – Make time to reflect and time to change.

#CHOOSETOCHALLENGE

GURBAX KAUR

Practitioner Manager



EMPOWERING MESSAGES

- Keep up your faith and hope throughout the global COVID pandemic. It will help you to find a pathway through these dark and challenging times.
- You cannot plan in times of great uncertainty. So live each day when you awake and be certain you can make it through to tomorrow.
- Compassion is what binds us to humanity. Find ways to connect and feel the joy of giving.

#CHOOSETOCHALLENGE

MAUREEN LEWIS

Chief Executive Officer



EMPOWERING MESSAGES

- When no one is around, and you are feeling down, just look in the mirror and encourage yourself!
- The beauty that shines outwardly comes from within.
- Love you and own it!

#CHOOSETOCHALLENGE

MRS MAIMOONA QARI

*Managing Director, Turning
Points Solutions*



EMPOWERING MESSAGES

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- Strong women build each other up.
 - The success of every woman is the inspiration to another.
 - Empowering women comes from selflessness.

#CHOOSETOCHALLENGE

AUDREY SCULLY

*Transformational Mentor,
Healer and Speaker*



EMPOWERING MESSAGES

- Being still is the most important activity.
- To be great, find your greatness within.
- When you live from your heart your world changes.

#CHOOSETOCHALLENGE

RITU SHARMA

*Women Empowerment
Ambassador/Author*



EMPOWERING MESSAGES

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- Learning is and must be at the centre of all: The more you learn, the more you realise how little you know.
 - I am one and cannot do everything. But I am still one and will not refuse to do all the things that I can do.
 - Do the best you can until you know better. Then when you know better, do better.

#CHOOSETOCHALLENGE

LOIS JONES

Lunchtime supervisor



EMPOWERING MESSAGES

- Do the thing you think you cannot do.
- There is nothing stronger than a broken woman who has rebuilt herself. (Hannah Gadsby)
- Don't you dare shrink yourself for someone else's comfort – Do not become small for people who refuse to grow (Marianna Williamson)

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CHRISTINE ATHERTON

*Retired Teacher /
Head of ICT*



EMPOWERING MESSAGES

- Always stand up for what you believe in and don't be intimidated by anyone.
- Do unto others as you would want done to you - so be kind!
- Fight, fight, fight for equal rights, for racial equality, for an end to border controls, for a decent life for everyone, for a World we can live in.

#CHOOSETOCHALLENGE

YVONNE JONES

*Former Market
Researcher*



EMPOWERING MESSAGES

- When you look back on memories that stand out, it is family who have always been there and have given support.
- You have your inner strength to get over challenges. Never give up.
- Women should never underestimate their ability to succeed. Listen to your dreams and aspirations.

#CHOOSETOCHALLENGE

MAHMOODA QURESHI

*Programmes
Coordinator, West Midlands
The Faith & Belief Forum*



EMPOWERING MESSAGES

- Never underestimate your contribution as a woman. It could make the world of a difference.
- Women can change the world with their ability and confidence to speak up at the right time.
- A women's involvement enables a more informed decision and balances the perspective.

#CHOOSETOCHALLENGE

URSULA WALKER

Former Teacher



EMPOWERING MESSAGES

- The future is worth fighting for.
- Stand up, stay strong.
- Don't give up the fight!

#CHOOSETOCHALLENGE

EMMA SMITH

*Transforming Communities
Together Coordinator*



**EMPOWERING
MESSAGES**

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- Little things make BIG days.
 - Being the best you can be is truly being yourself.
 - There's always a bright side. You just have to find it.

#CHOOSETOCHALLENGE

VALERIE HANNA

*Former Trustee /
Archdeaconry leader,
Mothers' Union (Lichfield
Diocese)*



EMPOWERING MESSAGES

- Do not be afraid to accept challenges. You can achieve more.
- A word of praise and encouragement at the right moment might change someone's life and their self- esteem.
- Try to look forward and not back! Life is a precious gift, Live it!!

#CHOOSETOCHALLENGE

BLOSSOM VASSEL

Retired Lecturer



EMPOWERING MESSAGES

- Set yourself realistic short, middle, and long-term goals and pursue them with determination.
- Grasp developmental opportunities from negative experiences. You can achieve whatever you want in life. Just be motivated to work hard for it.
- Love yourself first so that you can love others more.

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ISABELLE CAESAR

*Product Compliance
Manager*



EMPOWERING MESSAGES

- Embrace difficulties. Embrace feedback; it will lead you to success.
- You can do anything you put your mind to; success is in your hands.
- Be ambitious. Be bold. Be different.

#CHOOSETOCHALLENGE

FATEMA HICKSON

*Mental Health Community
Development Worker (Mind)*



EMPOWERING MESSAGES

- Persevere no matter what. Even the smallest of steps get you to where you want to be eventually.
- Here's to strong women: May we know them. May we be them. May we raise them. (Unknown)
- I am no longer accepting the things I cannot change. I am changing the things I cannot accept.
- (Angela Y. Davis)

#CHOOSETOCHALLENGE

SIMONE NURSE

*Senior Hairstylist/ Hair
extension specialist*



EMPOWERING MESSAGES

- Never feel like you're not worth the best.
- Never stay in a place where you don't feel valued.
- Don't let anyone tell you your dreams are not achievable.

#CHOOSETOCHALLENGE

BARBARA EMANUEL

*Leadership and
Development Manager
(NHS)*



EMPOWERING MESSAGES

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- Grab opportunities as they arise, as life will soon pass you by.
 - Know you're amazing! Have ambition, goals, and dreams. Everything happens twice. Once in our imagination and then in our reality.
 - It's ok to stop and do nothing to find a balance. Life works at its own pace; we just have to trust it!

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