

## 2022 International Conference WOMEN'S WELLBEING WORKSHOP

## WEDNESDAY 23rd FEBRUARY 13:40 - 14:45

Join our workshop of thought leaders, industry experts and entrepreneurs as we explore the path to economic equality.



Michelle Thomson MSP (Chair) Member of Scottish Parliament Economy and Fair Work Committee. Finance and Public Administration Committee

Mel MacIntyre **Executive Coach and Business Mentor** International bestselling author, keynote speaker, founder of Mel MacIntyre Coaching.





Poonam Gupta OBE CEO of PG Paper CEO operating across 60 countries, among the India Inc Group list of '100 Most Influential in UK-India Relations'.

Pheona Matovu Co-Founder of Radiant and Brighter Award-winning social enterprise founder and vsiting lecturer at Glasgow University.





Liberty Bligh Diversity, Equality and Inclusion Consultant Disability employment ambassador, Founding Director of The Libertie Project.

The impacts of Covid-19 have been notably gendered. Women-dominated sectors, like retail, health and beauty, have faced disproportionate financial challenges. As traditional lines between home and working life have been blurred, the gendered burdens of unpaid work are interlinked with physical and mental health challenges.

- Unpaid work: globally, women did triple the amount of Child Care as men during the pandemic, with particularly high gender disparities in low and middle-income countries. Adult and elderly caring responsibilities also continue to fall to women
- Wellbeing & diversity: experiences and perceptions of wellbeing across identities
- $\bullet$  Entrepreneurship  $\delta$  health: managing mental and physical health through the demands of the pandemic on business-owners
- Looking to the future: an economy that supports wellbeing, mental health and disability needs.

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