

## Estevan Honours 'International Women's Day'

Written by: Danny Ewen -- Published: Thursday, 08 March 2018 08:43 -- Category: CJ 1150 Blog



Juli Dzuba - Outreach Coordinator, Envision.  
Brooke Lindell - Administration, Golden West Broadcasting

March 8th is 'International Women's Day' with the theme in 2018 focusing on #PressForProgress.

Envision Counselling & Support Centre in Estevan and southeast Saskatchewan is an invaluable organization in our community that is spearheading the initiative this year.

To participate in #PressForProgress:

- 1) Send a short video clip of how you or your organization are going to #PressForProgress
- 2) Send a picture of yourself with a description of how you are going to #PressForProgress, and Envision will create a sharable picture on their social media account like the one pictured below!

A huge thanks to Juli Dzuba, Outreach Coordinator with Envision, for chatting with us this morning!

[LEARN MORE: Envision Counselling & Support Centre](#)

**March 8<sup>th</sup> is International Women's Day**  
**#PressforProgress**

**We need your help!**  
Envision is promoting International Women's Day by advocating for gender equality. We would like to show that individuals and youth in our communities support the need to #PressforProgress. With your help, we would like to create a video that will generate buzz in our community, and on social media.

**To participate:**

1. Send us a short video clip of how you or your organization are going to #PressforProgress.  
OR
2. Send us a picture of yourself with a description of how you are going to #PressforProgress and we can make a sharable picture for you like this:

There has never been a more important time to keep motivated and #PressforProgress than 2018. With global activism for women's equality fueled by movements like #MeToo, #TimesUp and more - there is a strong global momentum striving for gender equality.

International Women's Day is not country, gender or organization specific. The day belongs to all groups collectively everywhere. So together, let's all be tenacious in accelerating gender equality.

Source: [www.internationalwomensday.com](http://www.internationalwomensday.com)

Please send your videos and pictures to [julid@envisioncounsellingcentre.com](mailto:julid@envisioncounsellingcentre.com).

**How will you #PressforProgress in 2018?**  
Individually, we're one drop but together we're an ocean. Let's all collaborate, so our collective action powers equality worldwide.

*Here are some examples:*

**I will #PressforProgress and:**

**Maintain a gender equality mindset**

- question any lack of women's participation
- identify alternatives that are more inclusive
- nominate women for opportunities
- always include and support women
- think "50/50" as the goal

**Challenge stereotypes and bias**

- question assumptions about women
- challenge statements that limit women
- always use inclusive language
- work to remove barriers to women's progress
- buy from retailers who position women in positive ways

**Forge positive visibility of women**

- identify ways to make women more visible
- extend opportunities to women first
- assume women want opportunities until declined
- select women as spokespeople and leaders
- support visible women

**Influence others' beliefs/actions**

- supportively call-out inappropriate behaviour
- campaign for equality in meaningful ways
- lead by example via inclusive actions
- be a role model for equality
- actively contribute to changing the status quo

**Celebrate women's achievements**

- attend local celebrations of women
- value women's individual and collective success
- ensure credit is given for women's contributions
- celebrate women role models and their journeys
- support awards showcasing women's success

Visit Discover Estevan to see the original post at <https://www.discoverestevan.com/cj1150-blog/32807-estevan-honours-international-women-s-day>