



## Report of activities 2019

### **Microsoft Digigirlz – Digital Mindfulness**

On March the 18th and 19th of 2019, Microsoft hosted a Digigirlz High Tech Event in Singapore to help young girls in high school learn about technology and the tech job market. The purpose of the event was to empower girls and to support their independence. Digigirlz Microsoft's mission is to promote global diversity and inclusivity. Empowering girls and promoting girls' independence is one of the Foundation's objectives.

The Foundation did a collaboration with Microsoft and gave multiple workshops on digital, focusing on the impact of technological developments on our society. In addition, they zoomed in on the effect of social media and the participants were given tools for consciously dealing with social media and how they can remain "in control". The group consisted of 150 young girls. The workshop was received very positively. Afterwards, Microsoft and the Foundation had a conversation about repeating this successful event.

### **Women Power! – feel and feed your own power**

The Women Power event took place on September the 15th of 2019. The Alnaus Foundation organized this event together with the Hum Log Foundation. The aim of this meeting was to give inspiration by letting strong women speak and to give instruments to live even more from your strength, both in private and in work situations. This event had approximately 100, mainly female, participants. In a panel discussion, Harriette Verwey (cardiologist), Sarita Lorena (singer) and Reshma Roopram (politician) spoke about their insights about living from your strength. Psychologist Indra Boedjarath gave a workshop on self-acceptance and Business consultant Amira Mahawat Khan gave a workshop on leadership. In addition, there was a performance by Ramos with the song "women".