

# Building a More Balanced World 2019

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I believe aiming for gender balance is so important – for both women and men. We can't create balance by only focusing on one gender.

It's important that women feel strong and empowered in order to thrive in their careers and become powerful leaders in the professional world. Just as important, they need to feel supported in their other roles as loving mothers, great friends and supportive partners. However, in striving for gender balance, we must also support men on the same things, especially in the roles outside of their work as great fathers and friends. Men have historically been viewed as the breadwinners for families, but gender equality needs to cut both ways, and we need to change the perception

that women belong at home and men belong in the workplace. It's one big balancing act! We all need to support each other in being able to balance work, family, friends, education, hobbies, social etc. It's a difficult task, we all need to juggle, and sometimes you will give more than you take, but helping each other create that equilibrium will make the world, for all of us, a better place.