

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. It is a day of global celebration. In other words, this is go time for women, as we collectively rock medicine, education, the arts, athletics and business with our women strong wisdom, compassion and collaboration. Women's day is not only about celebrating your achievements but celebrating 'being' who you truly are! March is also Women's History Month and we are proud of all the great things women have accomplished and continue to accomplish despite enormous odds. We know that there is no shortage of awesome women doing great things to make this world a better place for all people, but we also acknowledge the struggle that women continue to face for equality in many areas. We salute all the women who have paved a way for others to have more opportunities and a better quality of life. This Women's month is dedicated to the unbreakable spirit and determination of women around the world. Sorry guys... this one's for the GIRLS!

A woman alone has power; collectively we have impact. Traditionally we have been taught to be competitive with one another. Who among us hasn't suffered the sting of a woman's snarky comment or workplace sabotage? Or experienced the awfulness of shunning or rumour spreading. In our world, women compete for partners, jobs, best in motherhood, in sexiness, in meal preparation, in parties, basically in got-it-all-togetherness. Within this competition you'll find eye-rolling, cutting other women down with words, whispers, divulging information that isn't ours to share, shaming other women for their choices, and protesting with our emotions, absence, or silence. As women, it's a hard pill to swallow when we realize how easy it is to support everyone else, men, children and of course, ourselves, but not each other. We need to reverse the stereotype that women don't support other

women. It's so clear that strategy doesn't work. The truth is that raising each other up and channeling the power of collaboration is truly how

we'll change the equation. There is research that shows women in particular benefit from collaboration over competition. Study after study shows women who support women are more successful.

Want to encourage and empower women? Start right in your own home, workplace, and community. Write a note of thanks to that teacher who encouraged you years ago, pick up coffee for that mom in your office who's struggling to balance it all, or tell your own sister, daughter, or mother how much amazing they are and you appreciate them. Show up for women, physically and emotionally. Whether it's sending your girl tribe a daily text to check in, being a shoulder to cry on, supporting female-founded companies, telling a stranger you love her hair, or smiling at a woman on the street just because, be an advocate and spread positivity in any and every way you can.

Celebrate your "tribe," Your childhood comrades. Your college collective. Your post-graduation soul sisters, your peeps, your girls, your cohort's, the folks with whom you connect with on a different level. Female friendships are not only a fun place to blow off steam, but I believe they are essential to helping women thrive and fundamental for our soul's growth. Without our girlfriends who would we vent to about that amazing (or awful) date? Who would we beg to sign up for that race with us? Or cry through that movie with. Or better yet, who would we share our deepest and most sacred soul desires with? Whatever the case, it is important to surround yourself with powerful and supportive women who encourage you to be your best self because when you are surrounded by your tribe, it can foster tremendous growth, both personally and professionally. When you can be with your girls, whether it's grabbing coffee or out during a summer evening making memories, and feel the same level of support, comfort, flattery and coverage, I think you can safely say you've found your perfect girl tribe.

My all-time biggest inspiration was born 16 years ago. My daughter Ella. In my opinion, she's the brightest, most talented, most beautiful and funniest girl alive. To all the Mom's out there!

Raising strong, independent, amazing girls. Talk with your young girls about relational violence such as gossip, rumor-spreading and exclusion. And don't assume all girls are mean and avoid saying "girls will be girls" when you witness girls engaging in exclusive cliques and clubs. Instead, affirm girls' relational strengths and sense of fairness, help them identify and hold on to their strong feelings, like anger, and encourage them to practice more direct, positive ways to effect change in their relationships. Powerful girls grow up feeling secure in themselves. They learn to take action, making positive choices about their own lives and doing positive things for others. We teach girls to think of others needs first, be safe, and smile prettily. Meanwhile, we cheer our sons as they jump headfirst off the monkey bars or indulge them with "boys will be boys" when they run screaming through crowds waving sticks. Unsurprisingly, girls learn that risk, failure, and others displeasure are terrifying. Boys learn to be daring and self-focused. There's no extra credit for guessing which outlook translates better to achieving great things later in life.

"To all the little girls, never doubt that you are valuable and powerful, and deserving of every chance and opportunity in the world to pursue and achieve your own dreams."
Hillary Clinton



Let's build each other up not tear each other down – which is easy to forget in a world where we constantly compare ourselves to each other on social media. Women are on social media all the time and follow celebrities and friends. But everyone portrays their "best self" on social media and it's not at all accurate. They use photoshop and endless filters, that change their appearance, they only post the "good times" not

the bad therefore setting us up for endless disappointment and feelings of insecurity and defeat. Navigating social media boundaries doesn't have to be the colossal struggle we often turn it into. Instead, let's use social media to lift women up. Women have the power to change the world, and we should use social media to continue to inspire women to be real, to use their voices to do just that. As women's activism around #Metoo, #TimesUp #NiUnaMenos (an Argentine feminist movement, which has spread across several Latin American countries) and other movements continue to build, social media is giving women a space to speak up and be heard. From politicians and lawmakers to farmers and small business owners, conversations on social media are connecting women around the world so they can support one another in the push for change.

Whether you want to quote Beyoncé or Gloria Steinem, there is strength, inspiration and support found in the solace of women, especially if they are willing to stand tall for their sisters. We're better together. As Madeleine Albright said, "There is a special place in hell for women who don't help other women. And, there is a special place in heaven for women who support other women". Remember how hard many women have fought for some of the most basic rights we have today and honour them. In the future, the young women of today will then do the same— and the torch passes on!

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