

INTERNATIONAL WOMEN'S DAY 2026

Unleash Your Potential with **#GiveToGain**

A Collective Call for Generosity, Mentorship, and Mutual Growth.

Investing in others—and in ourselves—is the fastest way to accelerate action.

MARCH 8, 2026 →

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"When women give, the world gains."





The ROI of Giving

Prioritizing diversity, equity, and inclusion yields measurable financial benefits.



25%

Higher Profits

Companies with diverse executive teams are significantly more likely to outperform peers in profitability.



70%

Market Growth

Firms committed to diversity are more likely to capture new markets and expand their reach effectively.



REVENUE

Driven by Innovation

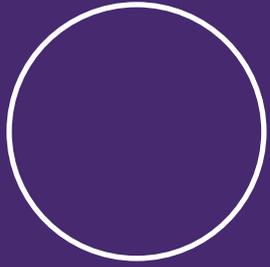
Diverse management correlates directly with higher innovation revenues and creative problem solving.



THE BOTTOM LINE

Giving Opportunity Gaining Performance

"Investing in women contributes to economic growth."



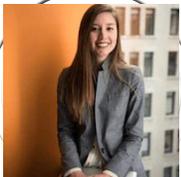
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**"We can't just be consumers ; we
have to be givers."**

———— **MALALA YOUSAFZAI** ————

The Ripple Effect

"When Women Give, the World Gains."



Oprah Winfrey

EMPOWERMENT

Gave: Her wealth and global platform.

The Gain: Empowered millions through education, literature, and opportunity, proving that voice is a vehicle for change.



Mother Teresa

COMPASSION

Gave: Unconditional service.

The Gain: Restored dignity to the most vulnerable, teaching the world that small things done with great love change everything.



Jacinda Ardern

LEADERSHIP

Gave: Empathetic leadership.

The Gain: Redefined strength in crisis, proving that kindness and inclusivity are powerful tools for national unity.



The Core Idea

Small acts, big waves. One generous action multiplies impact.



Roadmap to #GiveToGain

Three pillars of progress creating a cycle of mutual investment and growth.

● Give Input → ● Gain Outcome



Empowering Leaders

ACTION (GIVE)

Equip women with essential leadership skills



RESULTS IN

OUTCOME (GAIN)

Effective changemakers driving organizational success



Building Allyship

ACTION (GIVE)

Implement sensitization on unconscious & structural biases



RESULTS IN

OUTCOME (GAIN)

A culture where every individual feels valued & heard



Investing in Women

ACTION (GIVE)

Prioritize gender-responsive financing & resources



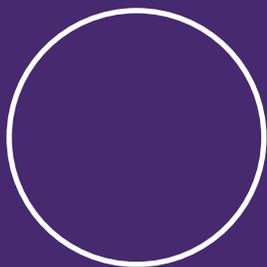
RESULTS IN

OUTCOME (GAIN)

Accelerated economic growth and sustainable development



"The path to progress is paved with intentional investment in people."



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"You have not lived today until you have done something for someone who can never repay you."

————— **JOHN BUNYAN** —————

A moment to breathe in purpose. A nudge to act with courage.

#GIVETOGAIN 2026

PROGRAM PORTFOLIOS

Activating #GiveToGain

Four distinct pathways designed to inspire action, foster connection, and build sustainable well-being.



INSPIRATION 1.5 Hours

Keynote: The Power of Giving

Unlock vision and action with "The Ultimate Self-Investment." A high-energy session exploring why giving is the secret to personal and professional gain.



EXPERIENTIAL Half Day

Workshop: The Flow of Giving

Hands-on immersion through activities like Pottery, Wine Making, or Bonsai. Experience how focused effort and "giving" to a craft creates tangible gain.



WELL-BEING Session / Masterclass

Wellness: Filling Your Cup

Sustained generosity requires inner abundance. Learn practical techniques to give from a place of "fullness" rather than survival.



GAMIFICATION 21 Days

Challenge: 21 Days #GiveToGain

Transform reflection into habit. A mobile-app based gamified journey of daily micro-actions like "Breaking Barriers" and "Life As You Climb."



Option 1 – Key note speaker

The Ultimate Self-Investment

Theme: #GiveToGain –



DURATION
1.5 Hours



VENUE
At Your Office

09:00 – 09:10



10 MINS

Welcome & Energizer

"The Generosity Circle"

High-energy icebreaker focused on giving recognition.

09:10 – 09:55



45 MINS

The #GiveToGain Talk

Finding Your Unique Value

"Dream Big, Change Bigger." Moving from dreaming to doing.

09:55 – 10:10



15 MINS

Well-Being Moment

Filling Your Cup

Practical self-care technique for sustainable giving.

10:10 – 10:25



15 MINS

Q&A Session

Ask the Expert

Interactive open floor for insights and questions.

"Investing in yourself is the first step to investing in others."

● Active Participation

Meet Your Speakers

Our Experts in #GiveToGain



Nirupama Anand
DANCE & FLOW

Uses dance to teach the concept of giving unconditionally.



Uma Desai
PRESENCE

Focuses on burnout to presence.



Pallavi Appigadoo
ACHIEVEMENT

Teaches that true investment of effort always pays off.



Yeshna Senedhun

RESILIENCE

Inspiring talk on giving life and hope despite health issues.



Dr Anouchka sooriamorthy

WISDOM

Infusing wisdom and philosophical depth into our actions.

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“If you light a lamp for somebody else, it will also brighten your own path.”

— BUDDHA —

Giving creates light for all of us.

#GIVETOGAIN 2026

OPTION 2 EXPERIENTIAL LEARNING WORKSHOP

Option 2 - Experiential Learning workshop



Immerse. Engage. Gain through Giving.

#GIVETOGAIN 2026

EXPERIENTIAL

HALF DAY | MAX 25 PAX

Immersive Workshop: The Flow of Giving

"To give you need to immerse. That's where true gain lies!"

CHOOSE YOUR ACTIVITY



Pottery

Molding Clay



Wine Making

Art of Patience



Bonsai

Cultivation



CSR Activity

Direct Impact

The Flow of Giving

A structured journey from immersion to collective gain.



🕒 Energizer: "That's Me!"

GIVE
FOCUS:

Recognition. Setting an open, collaborative tone for the team.

09:00 – 09:10

🕒 Immersion: The Deep Work of Flow

GIVE
FOCUS:

Effort. Engage in hands-on activity. Realizing that giving focused effort creates a tangible gain.

09:10 – 09:50

🕒 Reflection: Give-to-Gain Debrief

GIVE
FOCUS:

Insight. Discussing how individual giving led to a collective outcome.

09:50 – 10:05

🕒 Peer-to-Peer Mentoring

GIVE
FOCUS:

Support. Participants commit to passing on a positive action to another.

10:05 – 10:20

🕒 Closing: High Energy Send-off

GIVE
FOCUS:

Energy. "Happy Feet" dance to boost self-confidence and end on a high note.

10:20 – 10:30

OPTION 3 A WELLNESS SESSION

Option 3 - A Wellness Session



Immerse. Engage. Gain through Giving.

#GIVETOGAIN 2026

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"Self-care is not selfish. It is giving the world the best of you, instead of what is left of you."

Core Concept

We aim to teach participants how to give from abundance, not survival. Filling your cup is the prerequisite to sustained generosity.

WELL-BEING CONNECTION

Sustained Generosity: Inner Gain for Outer Give

09:00 – 09:10

Energizer: "My Reservoir"

Give Energy: Activity to shift focus inward and assess current energy levels.

09:10 – 09:55

Filling My Cup: The Abundance Check

Give to Self: Deep dive reflection: What fills my heart up? What fills my mind up? What fills my body up?

09:55 – 10:10

My Power of #GiveToGain

Give Intention: Define one specific, sustainable action to maintain abundance for continuous giving.

10:10 – 10:25

Closing & Commitment

Give Final Focus: High-energy send-off with a commitment to stop dreaming, start doing!

KEY THEMES COVERED

Commit to Well-Being

Supportive Community

Real Transformation

OPTION 4

A GAMIFICATION SESSION

Option 4 - A Gamification Session



Immerse. Engage. Gain through Giving.

#GIVETOGAIN 2026

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"Investing in women not only empowers them—it accelerates economic growth."

The Challenge Objective

Transform reflection into small, daily actions. This 21-day journey uses gamification to turn "giving" into a daily habit, creating lasting behavioral change.

MOBILE APP EXPERIENCE

GAMIFIED WELLNESS

MAX 150 PAX

21 Days of #GiveToGain A Corporate Wellness Challenge on Mobile



Challenge 1: Breaking Barriers

Give Courage: Tell us about a stereotype you've broken or witnessed being broken. Show that change is possible through sharing stories.



Challenge 2: Life As You Climb

Give Mentorship: Share one way you will actively support or mentor another woman. Encourage long-term action and support systems.



The Goal: Daily Micro-Actions

Give Consistency: One small challenge each day for 21 days builds a habit of generosity and self-reflection that lasts beyond Women's Day.

APP FEATURES



Community Feed



Leaderboards



Daily Prompts



Photo Sharing

Special Women's Day Investment Options

Choose the perfect format to bring #GiveToGain to your organization.

INTIMATE

Speaker Note

as from

Investment

Rs 40,000

per session



Face to Face

1.5 Hours

Up to 60 Participants

Select Package

Zen

Fill your Cup - Wellness

Investment as from

Rs 60,000

per session



Face to Face

1.5 Hours

Unlimited Participants

Select Package

IMMERSIVE

Half Day Workshop (At Office) - Experiential

as from

Investment

Rs 75,000

per session



At Your Office

2.5 Hours

Experiential Activities

Select Package

DIGITAL

Gamification 21 days

as from

Investment

Rs70,000

per challenge



Mobile App Based

21 Days Duration

Max 50 Participants

Select Package

HRDC refund available on request

Above rates exclude venue costs

Terms & Conditions

Please review the following policies regarding booking, payments, and cancellations to ensure a smooth partnership.



Booking Confirmation

- ✓ Date is officially booked upon contract signature.
- ✓ A down payment of 50% is required to secure your session slot.



Payment Terms

- ✓ 100% Advance payment required prior to the event.
- ✓ Payment accepted via Bank Transfer only.
- ✗ No cheques or cash payments accepted.



Cancellation Fees

- ! > 14 days before event: 20% cancellation fee applies.
- ! 0 - 14 days before event: 100% cancellation fee applies.



Rescheduling Fees

- 14 - 21 days before event: 10% rescheduling fee.
- < 14 days before event: 15% rescheduling fee.

Way Forward: Your Next Step to #GiveToGain

A seamless partnership model designed to turn intention into impact.



Your Role

Initiation & Commitment

1

Confirm Workshop Date

Secure your preferred slot for Women's Day 2026.

2

Complete Client Checklist

Fill in logistics and customization requirements.

3

Contract & Payment

Sign agreement and process 50% advance.

4

HRDC Details

Provide registration details if applying for refund.



FocusU's Role

Execution & Impact

1

Workshop Organization

End-to-end management of materials and flow.

2

Expert Facilitation

Delivery of the Corporate Wellness Masterclass.

3

Visual Memories

Provide online gallery of photos and videos.



SATISFACTION GUARANTEED

WOMEN'S DAY 2026

Stop Dreaming, Start Doing!

The time for action is now. Empower your people to give—and gain—together. Choose your pathway and let's create a future where everyone thrives.



Reserve Date

Secure your session for March 2026 early.



Choose Pathway

Keynote, Workshop, Wellness, or App Challenge.



Empower Team

Watch the ripple effect of #GiveToGain unfold.

BOOK YOUR PROGRAM →