



### **What is it about**

*Wonder Women* is an online conversation series that highlights women's achievements in different fields. The program puts premium on physical and mental well-being that are crucial given persistent challenges, including the pandemic. The sessions include yoga with a professional instructor who is also the host of the show.

Selected female members of the FNF Alumni Network, those that have participated in FNF programs, are invited as resource persons. They will share their story of overcoming obstacles, including coping with the pandemic, and of ensuring that their personal well-being is never compromised, allowing them to continuously better themselves and their communities.

### **What topics are highlighted**

Each session will cover one topic, with one resource person sharing her experiences as well as insights on how adapt to the challenges brought about by the pandemic:

#### **Communications and the Public (29 April 2021)**

What regulations should be amended given that more activities have moved online

Speaker: Supinya Klangnarong, Thailand  
Honorary Council Member, National Press Council of Thailand

Supinya has been working as a media activist and policy advocate for 20 years. Last year, she co-founded Cofact, an independent and collaborative fact-checking network to combat the spread of misinformation. In 2011, she was selected by the Senate to be one of the first 11 commissioners of the National Broadcasting and Telecommunication Commission (NBTC), where she was the only female and youngest member.

#### **Household (6 May 2021)**

How families can adjust amidst changes in work and school environments, and how to manage relationships despite distancing restrictions

Speaker: Sara Sihaloho, Indonesia  
Human resource professional and homemaker

Sara Sihaloho is a wife and soon-to-mother, an entrepreneur, and a freelance consultant. She is a foreign language enthusiast with more than a decade of experience in development work, specializing in human resource.

#### **Business Management and Advocacy (13 May 2021)**

How companies can deal with the impact of the crisis especially in relation to human resources and overall strategy, and how they could contribute in rebuilding communities



Speaker: Nguyen Thi Bich Hang, Vietnam  
Business development expert

For the last 18 years, Nguyen Thi Bich Hang has been the Country Director for Marie Stopes Vietnam (MSV), applying her expertise in general management, program design and business development, social development and commercial negotiation to advance MSV's program on reproductive choices. She is recognized for her leadership of the most innovative and sustainable foreign NGO in Vietnam.

### **Education (20 May 2021)**

How schools, teachers, and students can adapt to the demands of digital learning

Speaker: Prof. Jie-Eun Hwang, South Korea

Architect and educator

Jie-Eun studied interior design and architecture at Yonsei University, South Korea. She received her doctorate at Harvard University Graduate School of Architecture. She pursued various research projects, including: developing participatory mobile augmented reality contents, developing a spatio-temporal timeline system for monitoring public space, developing index system for monitoring UNESCO heritage. As an educator, she looks at new media experiments and alternative education.

### **Healthcare (27 May 2021)**

How frontliners can be further empowered, and what can be done to better protect people's health

Speaker: Dr. Zaliha Mustafa, Malaysia  
Medical doctor

Dr. Zaliha is a general medical practitioner. She worked in several government hospitals before she decided to open her own clinic in her hometown in Johor Bahru. She is also currently an Executive Member of Supreme Council of the People's Justice Party. She is the Head of Policy, Strategy and Training Bureau to National Women Council, and Head of Strategy in the Johor State Council.

### **Local Governance and Entrepreneurship (3 June 2021)**

What immediate problems need to be solved in the local government level, and how the spirit of entrepreneurship and innovation can help address them

Speaker: Rep. Jocelyn Limkaichong, Philippines  
Member of Parliament

Jocelyn Sy Limkaichong is the representative of the First District of Negros Oriental. She is an accountant by profession. Before entering politics, she was a business proprietor, and this experience shaped her commitment to support local business ventures, particularly micro, small and medium enterprises. As part of her good



governance and poverty alleviation program, she supports sustainable livelihood projects, among which is Lali Weavers that gives housewives, mothers, and women from rural communities in her district a source of income.

### **Why focus on physical and mental well-being**

A healthy mind and body is the key to achieving one's full potential.

Up to 30-minute yoga sessions are integrated in the program. This is intended for the online participants who would have the opportunity to be trained by a professional yoga instructor. Registered participants will also receive exclusive materials on yoga.

Yoga builds the ability to focus and concentrate, which is important as one tries to manage the challenges in daily life.

### **Who should participate**

The online event encourages the involvement of women - but also men, of any age to get inspired by stories of self-empowerment, and to understand the value of taking care of one's personal well-being. The program will be run through Zoom, and live streamed on FNF SEEAsia Facebook page and YouTube channel.

### **About the facilitator**

Samantha Kapunan is a certified yoga instructor, well-being coach, and tech entrepreneur from the Philippines advocating holistic wellness especially for women and working professionals. She believes in empowering people to perform their roles with more freedom, and she does this by providing tools for personal well-being.

**The event will run for six Thursdays at 3pm GMT +7.**

**Registration is free of charge -**

**[bit.ly/WonderWomenSeries](https://bit.ly/WonderWomenSeries)**