

FUTURE LEADERS, REAL CHANGE STARTS NOW



GENDER EQUALITY ISN'T JUST A SOCIAL ISSUE
— IT'S A LEADERSHIP ISSUE.

INCLUSIVE WORKPLACES ARE MORE
INNOVATIVE, PRODUCTIVE, AND RESILIENT. BUT
GENDER INEQUALITY PERSISTS IN HIRING,
PROMOTION, CAREGIVING POLICIES, AND
LEADERSHIP ACCESS.

WANT TO LEAD? LEARN TO LEAD WITH FAIRNESS.

WHAT YOU'LL LEARN

💡 **SPOT BIAS EARLY** 🧠 **THINK LIKE A LEADER** 🎮 **FEEL THE REALITY THROUGH VR**

WHAT'S STILL HAPPENING IN 2025?

- WOMEN STILL EARN LESS THAN MEN FOR THE SAME JOBS
- WOMEN ARE STILL INTERRUPTED MORE IN MEETINGS
- MEN ARE STILL DISCOURAGED FROM TAKING CAREGIVING LEAVE
- NON-BINARY PEOPLE FACE DAILY INVISIBILITY AND EXCLUSION

ASK YOURSELF:

- WOULD I SPEAK UP IN A BIASED MEETING?
- WILL I MAKE ROOM FOR VOICES DIFFERENT FROM MINE?



REAL TALK: QUICK QUIZ

WHICH OF THE FOLLOWING IS A REAL FORM OF GENDER BIAS?

- "SHE JUST HAD A BABY — MAYBE NOW'S NOT THE TIME TO PROMOTE HER"
- "HE'S A DAD, SO IT'S GREAT HE'S WILLING TO STEP UP AT WORK"
- "LET'S NOT HIRE HER, SHE MIGHT WANT MATERNITY LEAVE SOON"
- "WE NEED SOMEONE ASSERTIVE FOR THIS ROLE" (MEANING: MALE)

WHY YOU SHOULD CARE

YOU'RE NOT "JUST A STUDENT" OR "TOO EARLY IN YOUR CAREER."

YOU'RE A FUTURE MANAGER, FOUNDER, POLICYMAKER, OR TEAM LEAD.

HOW YOU THINK — AND ACT — ABOUT GENDER EQUALITY NOW WILL SHAPE THE WORKPLACES OF TOMORROW.

REFLECT & TAKE ACTION

- WHAT KIND OF LEADER DO YOU WANT TO BE?
- ✍️ WRITE DOWN ONE BIAS YOU'VE NOTICED IN SCHOOL OR WORK, AND ONE ACTION YOU CAN TAKE TO CHALLENGE IT.



WHY IT'S RELEVANT TO YOUR CAREER

- ✓ BUILD 21ST-CENTURY LEADERSHIP SKILLS: EMPATHY, EQUITY, REFLECTIVE DECISION-MAKING
- ✓ STAND OUT IN JOB INTERVIEWS: SHOW YOU UNDERSTAND INCLUSION & TEAM DYNAMICS
- ✓ PREPARE FOR FUTURE CHALLENGES: INCLUSIVE LEADERSHIP IS THE NORM, NOT THE BONUS
- ✓ EXPAND YOUR PERSONAL VALUES INTO PROFESSIONAL IMPACT

17 JULY UPCOMING VR BALANCE WORKSHOPS

WORKSHOP 1: GENDER STEREOTYPES & THE CARE GAP
WORKSHOP 2: WORKPLACE DISCRIMINATION & CAREER INEQUALITY
WORKSHOP 3: VIRTUAL REALITY EXPERIENCE ON GENDER BIAS

🕒 TOTAL: 5 HOURS

📄 SIGN UP HERE → [INSERT QR OR LINK]

📍 LIMITED SEATS – PARTICIPATION CERTIFICATE INCLUDED!

PROJECT INFO

THIS OPPORTUNITY IS PART OF VR BALANCE: ADVANCING GENDER EQUITY IN WORK AND HOME LIFE THROUGH VIRTUAL REALITY, CO-FUNDED BY THE EUROPEAN UNION.

LED BY:

UNIVERSITY OF BARCELONA | SIF (LT) | WEF (PL) | METAMEDICSVR

🔗 LEARN MORE: [INSERT WEBSITE]

✉️ CONTACT: [INSERT EMAIL]