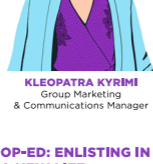




AUGUST 2023 - ISSUE VI



**KLEOPATRA KYRIMI**  
Group Marketing  
& Communications Manager

### EDITORIAL

Welcome to the newest issue of Sarens Women+! This month, our contributors explore a wide range of ideas about how we expect women and men to act, work, and behave....

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### OP-ED: ENLISTING IN A NEW LIFE

Everyone mentions that great line: "Pick a job you love and you'll never have to work a day in your life!" So I guess it might be a pretty big decision...



**KELLY HOLLIS**  
Crane Operator



Soldier of the Spanish Air & Space Force

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### MEN AND WOMEN AREN'T ON DIFFERENT SIDES-BUT WE CAN LEARN FROM EACH OTHER.

I never really felt that women and men were on two different sides....



**RACHITA SINHA**  
South Asia General Manager HR & Administration



**VEERLE DE CUYPER**  
Group SHEQ Auditor

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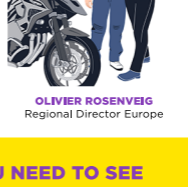
### LET'S GET OUT OF OUR COMFORT ZONE.

"Olivier, get out of your comfort zone!" My wife told me in the middle of the Atacama Desert in Argentina.

It all started when we moved to Canada. I had always wanted to pass...



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**OLIVIER ROSENVEIG**  
Regional Director Europe

## PICTURES YOU NEED TO SEE

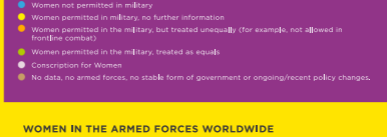


The countries featured in blue, are the ones in which women are heads of state in 2023.

### COUNTRIES WITH FEMALE LEADERS IN 2023

Currently, women make up a fairly small percentage of leadership roles in the UN Member States. Of these 193 Member States, 21% of Prime Ministers and 26% of Parliamintarians are women. Female leaders also make up 34% of local government positions. Bangladesh, Iceland, Italy, Aruba, Uganda, and Samoa are just some of the countries with female Prime Ministers, Iceland's Prime Minister, Katrin Jakobsdóttir, is also the chair of the UN Council of Women World Leaders. This group meets to discuss issues affecting their nations.

Source: <https://worldpopulationreview.com/country-rankings/countries-with-female-leaders>



World map showing the integration of women in the armed forces.

- Women not permitted in military
- Women permitted in military, no further information
- Women permitted in the military, but treated unequally (for example, not allowed in frontline combat)
- Women permitted in the military, treated as equals
- Conscripted for Women
- No data, no armed forces, no stable form of government or ongoing/recent policy changes.

### WOMEN IN THE ARMED FORCES WORLDWIDE

The recent history of changes in women's roles includes having women in the military. Every country in the world permits the participation of women in the military, in one form or another. In 2018, only two countries conscripted women and men on the same formal conditions: Norway and Sweden. A few other countries have laws conscripting women into their armed forces, however with some difference such as service exemptions, length of service, and more. Some countries do not have conscription, but men and women may serve on a voluntary basis under equal conditions. Alenka Ermenc was the first female head of armed forces in any of the NATO member states, having served as the Chief of the General Staff of the Slovenian Armed Forces between 2018 and 2020.

## THINGS YOU NEED TO KNOW



A Nobel Prize was awarded for the first time to an African woman only in 2004. Wangari Maathai was awarded the prize for her contribution to sustainable development, democracy and peace. Maathai played an active part in the struggle for democracy in Kenya and founded the Green Belt Movement which led to the planting of over 50 million trees in Africa. Maathai lived a life of many firsts: she was also the first female scholar from East and Central Africa to take a doctorate and the first female professor ever in her home country of Kenya.



Vivian Kong Man Wai, born in 1994, is a Hong Kong left-handed épée fencer, three-time individual Asian champion, and two-time Olympian. She is currently number 1 in the [International Fencing Federations rankings](#).

## BOOKS YOU NEED TO READ

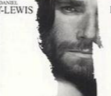


**OF BOYS AND MEN: WHY THE MODERN MALE IS STRUGGLING, WHY IT MATTERS, AND WHAT TO DO ABOUT IT**

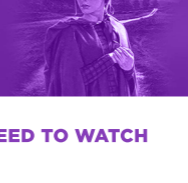
Boys and men are struggling. Profound economic and social changes of recent decades have many...

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**JANE EYRE**  
Jane Eyre (1847), Charlotte Brontë's best-known novel, is the story of a young woman of humble means and lonely upbringing who searches for love and a sense of belonging while preserving her independence. The book sparked a fair...



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## MOVIES YOU NEED TO WATCH

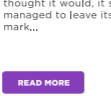


### THE CRUCIBLE

Women as witches is a central theme in this 1996 film. This staid adaptation of The Crucible dutifully renders Arthur Miller's landmark play on the screen with handsome production design and sturdy performances, if not with the political anger and thematic depth that earned the drama its reputation. This film has been often criticized as having failed to probe...

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**THE JOY LUCK CLUB**  
A '90s drama that starred entirely Asian women in its principal roles, The Joy Luck Club explores the relationships between four mothers and their daughters. And though it didn't immediately change Hollywood the way critics thought it would, it still managed to leave its mark...



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