

Key Note Speech – Ten messages

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In celebration of the International Women's Day 2022: "Gender equality today for a sustainable tomorrow"

Organized by Mundus Maris asbl (www.mundusmaris.org)

First, keep your name sustainable. Sustainability is about one's **ability to pass her/his good name to the children that will carry it with pride and honor**, to sustain and elevate her/his name as a professional, and of the name of his/her institution. Sustainability is not 'just' about trees, fish, soil or people's capabilities to live.

Second, be humble. Be proud of ourselves, confidence but not arrogance. We need Humility to understand what you do not know it all, and that we need our stakeholders, our farmers, our fisherfolks and communities help for us to grow and make them grow.

Third, we need references in our life. Search for your Idol, near you, no need to look for Global Idols. Your references in life are near you, they are often reachable and we do not realize because we only see the far away and famous.

Fourth, be YOUR SELF. Learn how to acknowledge and embrace ourselves as women without the need to show to others that we are different, we are strong, we are capable we are, we are.... Just be yourself, while acknowledging others. You will stand by yourself without need for presentations...

Fifth, Embrace diversity - The wonders in life are only WONDERS because they are DIVERSE. Everyone is called to service this world, you have a role, and a fit in this world - each one of us provide our contribution. We are all diverse, you just gotta believe yourself.

Six, be grateful, gratitude is not a thing from the past. I am thankful for being a WOMAN with my own woman perceptions, some of them that only characterize women and no one else. Embrace yourself, don't be embarrassed to be the women you are, the women feeding, listening and caring for others, because those traits makes us the major contributors to this constant rapport with the humanity – what means to be human.

Seven, follow your dream and be grateful for having a dream. To win in life, one needs to take chances and endure it with some level of gratitude, follow your dream, and be grateful to have a dream. If you are a young scientist, farmer, fish processor, student, and manager, no matter what... remember Marcel Proust "If a little dreaming is dangerous, the cure for it is not to dream less but to dream more, to dream all the time."

Eight, appreciate your leadership and mentors. Learn how to appreciate your colleagues, your leaders and the leader inside you; that will make a difference in your path.

Ninth, raise up your chin, Eye up! Do not self-pity to the point of self-destruction. Many times, we are victims of discrimination, but we need to brace ourselves with dignity to be able to face the other side. Eye up, chin up.

Tenth, walk and fly together, man and women. The field of Fisheries and Aquaculture needs women and men, youth and adults to work together. We can only walk and fly if we are two wings of the same body.