As a woman, I understand that I have a unique and special opportunity to become a role model to support, teach and become a visible advocate for the recruitment, advancement, retention and equitable treatment of women in the workplace.

I am making this commitment in support of my (mother, daughter/son, niece/nephew, grandchild, and co-worker(s)):

I pledge to do one or more of the following...

- **Seek to be Understood** — I will have an honest conversation with a male co-worker about my experiences as a woman in our company. I will encourage him to listen to understand and to have similar conversations with women from a variety of backgrounds to hear about their experiences.

- **Mentor and Sponsor** — Mentor a female co-worker. If applicable, become a sponsor for a woman. Offer to discuss my career and path with young women and if I am able sponsor them for advancement.

- **Write the Business Case for Women** — Create and drive conversations regarding the business case for my department or area of responsibility for women regarding revenue, talent or engagement and discuss it with my team once a month during the coming year.

- **Set An Example to Correct Bias** — Act to correct micro bias; from simple things like always having a woman take notes, to women being talked over in meetings, be mindful of the impact my words and actions can have on other women.

- **Embrace Workplace Flexibility** — Support and demonstrate workplace flexibility for all employees, so that women don’t feel they are being singled out for special treatment.

- **Support Other Women** — Encourage women and other minorities to take more risks, volunteer for stretch projects. Reach out to them to discuss and support their developmental needs.

- **Discuss Gender Pay Equity** — Deepen my understanding of my company’s HR practices, specifically gender pay equity issues and work to correct issues I discover.

- **Encourage Qualified Women to Apply** — Urge qualified women to interview for positions when they become available, and if I cannot find a qualified one, commit to developing a woman for the next opening.

- **Engage Men** — Encourage men, especially fathers of daughters, to become involved in the discussion about advancing women.

- **Be a Champion** — Demonstrate my commitment by taking a leadership role in my company’s/industry’s women’s resource groups. Be a visible advocate.