

FOR IMMEDIATE RELEASE**Date****Taryn Brumfitt awarded 2018 SA Award for Excellence in Women's Leadership**

Taryn Brumfitt has today been awarded the 2018 SA Award for Excellence in Women's Leadership by Women and Leadership Australia (WLA). The award recognises the contribution of an individual in elevating the visibility and importance of Australian women receiving equitable access to higher levels of leadership across all industries and organisations.

Brumfitt is the founder of the Body Image Movement, a global movement that has reached over 100 million people, designed to encourage women to love their bodies. She has overcome her own crippling body image issues through changing her attitude towards herself, and has spent the last few years on a quest to end the global body-hating epidemic and working to spread the message of body loving.

The SA award winner wrote a book titled *Embrace* in 2015, followed by a film of the same name in 2016, which explores perspectives on loving your body from a variety of people, and has been supported by a wide variety of high-profile personalities including Rosie O'Donnell, Olivia Newton-John, Ashton Kutcher and Ricki Lake.

In accepting the SA award, Brumfitt said, *"I'm deeply honoured to receive an award that recognises my contribution to champion gender equality. I believe that equal partnerships between women and men is fundamental to building strong families and thriving communities. I want my daughters and sons to grow up in a world that celebrates diversity and inclusion and supports equal opportunities for all regardless of race, colour, age, disability, sexual orientation or gender."*

Brumfitt will be acknowledged at the Adelaide Women's Leadership Symposium, taking place at The Playford on 19th July. More information: <https://www.wla.edu.au/adelaide.html>

About WLA

WLA is a national initiative dedicated to supporting a higher representation of female leadership throughout the Australian workforce and the broader community. Focused on developing leadership capability, enabling career progression and assisting women to more effectively manage the opposing challenges of career and life, WLA has become a highly regarded provider of leadership education to women across Australia. The full list of 2018 award winners:

<https://www.wla.edu.au/awards.html>

End of press release

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