

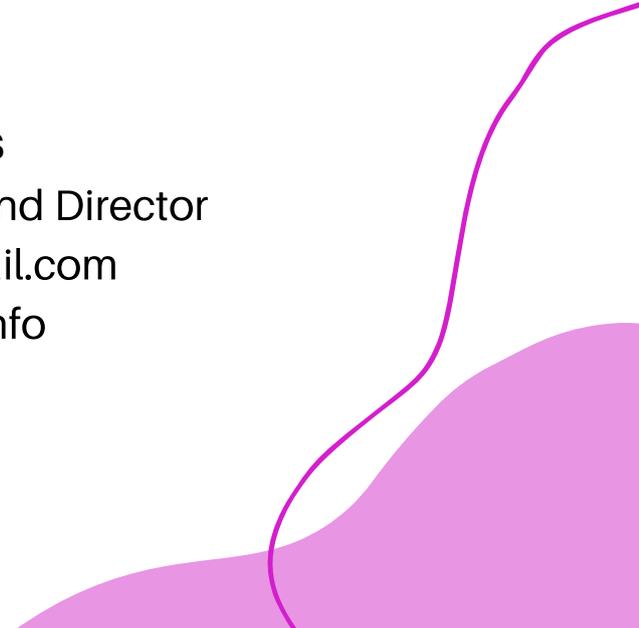
HEAR MY VOICE

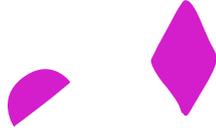
— WOMEN'S NETWORK —

Global Online Empowerment and Community Action Program

Contact Details

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Women and girls face deep inequalities worldwide as evidenced by the gendered impacts of Covid-19. Now more than ever, women need to contribute to, and lead, decision-making to ensure policies and programs are informed by and are responsive to the diverse populations they serve. Hear My Voice - Women's Network supports women's voice and agency by providing them with access to knowledge, resources, skills, and networks to create positive change in their communities and countries, and in support of a transformed world.

Our Global Online Empowerment and Community Action Program, is designed to primarily increase participants' knowledge and understanding of social justice and women's rights to empower them to use their voices in their community to speak out for their rights and the rights of other women. Secondly, the program is designed to increase participants' skills and confidence, so that they are able to go back into their communities and take direct action to create gender equitable change.



It's a table where women from all around the world feel safe to talk about issues affecting them and their communities at large.

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What you can expect from the course, and us:

A 12-week program that consists of two phases;

Phase 1

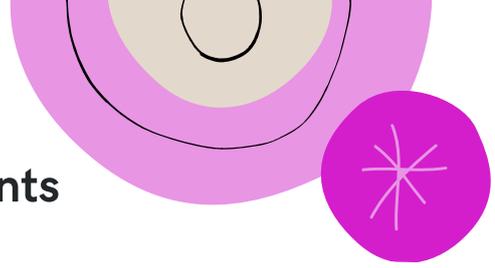
Online Training (8 weeks): Participants will be expected to attend weekly live online session (1 session of 3 hours per week) and complete weekly homework assignments that form the foundation for Phase 2.

HMV-WN creates a safe space that enables women to discuss issues that are important to them, while simultaneously enhancing participants' problem solving and action planning abilities to overcome these issues. We use interactive, student-centered teaching methods to ensure that participants are fully engaged and obtain maximum learning outcomes.

Phase 2

Community Action (4 weeks): Participants will run their own community action initiative that they design and implement, under the mentorship of the HMV-WN team.

At the end of the 4-week period, participants will attend a showcase event where they share their action project with their peers. Participants will also share the impacts of the initiative and their plan for the future.



Throughout both Phase 1 and Phase 2, participants will have the opportunity to:

- ♥ Discuss, learn and explore topics including gender, discrimination, sexual and gender-based violence, leadership and access to justice (please see full course outline for further details).
- ♥ Be a part of a global classroom, learning from the real-life experiences of others about current issues that impact women and girls.
- ♥ Put learning into practice with support of HMV-WN mentorship and expertise.
- ♥ Be a part of a worldwide network of program alumni, and gain exclusive invites to events and opportunities.

HMV-WN will provide participants with a certificate of participation following completion of the program. HMV-WN is not an accredited educational institution.

What we expect from you:

- ♥ Commitment to attend weekly session and to complete your 4-week action initiative.
- ♥ Dedication to engaging with the content. You will get as much from the programme as you put in!
- ♥ Passion, enthusiasm and innovation.

Who is the programme for?

The programme is designed for emerging feminist leaders aged 18 to 25 years old who have an interest in, or are currently working in, the field of social justice, particularly women rights. We require that participants have an upper intermediate level of English and have access to an internet connection that will enable active participation in live zoom classes.

Application Process

Complete the online application form by January 31st 2022. We get 100s of applications so ensure to read the questions carefully and answers thoroughly.

After the application deadline our team will review all applications and those selected to move the 2nd stage of the application process, an online survey, you will receive an email no later than 2 weeks after the application deadline. Due to the large volume of applicants, we will only contact successful applicants.



Week 1

- Community building
- Understanding the concept of empowerment, what it means to us individually and what we need to feel empowered.
- Introduction to concepts of sex and gender, and gender stereotypes
- Introducing the concept of and equality and equity

Week 2

- Defining and discussing gender discrimination
- Introducing sexual and gender-based violence (SGBV)
- Discussing the different types of SGBV and the prevalent types of SGBV in each participant's country.

Week 3

- Introducing the contributing factors that fuel the occurrence of SGBV.
- Impacts of covid; exacerbating SGBV and restricting responses.
- SGBV focused projects that have successfully reduced/prevented SGBV in their community

Week 4

- Understanding women's sexual health and reproductive rights
- Women share key challenges related to sexual health and reproductive rights for girls and women in their respective countries.

Week 5

- The concept of social justice and why it is essential to achieve gender equality in society.
- Understanding access to justice in societies and the additional barriers women face when trying to access justice.
- What additional barriers has covid created for women accessing justice?

Week 6

- Introducing the concept of leadership and qualities that make a great leader.
- Discussing women in leadership and challenges that women face in their societies with regards to leadership

Week 7

- Debate on several thematic topics from the program.
- Reviewing gender projects from different parts of the world and discuss the applicability in the student's respective countries

Week 8

- Planning for the future and action planning on how to make real change in students' communities- Teaspoons of change.
- Challenges faced when trying to create changes within our community
- Community appreciations

Week 9-11

- Conduct community action initiative
- Provide weekly updates on the group discussion board/ share challenges and ask for support and feedback from peers.
- Participants will be assigned with an action buddy and they can support each other.
- 1-1 mentoring session for participants to discuss initiative progress

Week 12

- Participate in the initiative showcase online session, where each student shares their experience in conducting their community action initiatives
- Complete program evaluation and receive program certificate