

MORE THAN
80

WOMEN IN THE EMPOWERMENT PROGRAM

Ready to Empower's Empowerment model offers the necessary tools to help women heal and empower themselves. In 2020 over 80 women received mental health support, human rights classes, life skill classes, job training, and employment readiness training. In addition, hundreds of families received emergency relief support during the Covid pandemic.

Of the 80 women who participated:

MENTAL HEALTH

86% no longer have thoughts of harming oneself	96% are no longer involved in domestic violence	96% find it less difficult to make decisions	98% improved their quality of sleep
95% feel less depressed, discouraged & hopeless	96% feel more confident	100% enjoy activities in life	98% are worried less
100% implement self-care	98% report their mental health as good	96% became aware of their triggers and causes of anxiety	98% feel less angry
			98% are feeling better in the future

HUMAN RIGHTS

93% learned about the different forms of violence	86% learned about their basic human rights	93% understand what a healthy relationship is	74% know how to file a complaint when their rights are violated
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SEX ED

43% were introduced to sex education	93% learned how to use condoms	81% attended gynecology workshops and improved their feminine hygiene routines	88% learned how to prevent STDs
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LIFE SKILLS

69% know how to create a personal budget	90% know how to be independent	83% improved their communication skills	98% understand the importance of having a savings and checking account and how to manage them
	86% know how to open a bank account	88% learned self defense	

JOB TRAINING

95% can complete a resume	95% feel comfortable going to a job interview	98% understand what a job reference is	100% understand the laws about salary, pension and pay
93% have access to adequate clothing to wear if hired for a job	93% understand women's rights in the workplace	100% feel motivated to work	69% understand their career options based on their skill sets
90% know how to apply for jobs via email	90% comprehend the hiring & firing protocol in their respective country	93% can complete a job application	71% understand professionalism in the workplace

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PARTICIPANTS IN ELECTIVE CLASSES

- Mindfulness
- Nutrition
- Hair
- CV & Job Training
- Physiotherapy & Chronic Disease Workshop
- Internet
- Goal Planning
- Excel Budgets
- Yoga
- Entrepreneurship
- Computer Classes
- Manicure
- Crafts
- Sign Language
- Garden Workshop
- English
- Cooking
- Sewing

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RECEIVED CRISIS & HUMAN SUPPORT

- Legal Aid
- Food & Nutrition Services
- Funeral Support
- Crisis Intervention for Dwelling Fire
- Crisis Intervention for Self Harm
- Disbursement of Sanitary Napkins and Condoms

VOLUNTEERS & PARTNERSHIPS

58 volunteers

Colleges & Universities

Local Charities

